THE BEACH ISSUE! DOS, DON'TS AND DOUBLE DON'TS
GLAMOUR
JULY 2008
101 racy little sex ideas
For you, for him, for every night this summer, p.166
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ON OUR COVER

Charlize Theron was shot by Patrick Demarchelier in Santa Monica, California. Hairstylist Enzo Angileri used a volumizing spray and curling iron (try Vavoom Take Me Higher Root Riser, $14, matrix.com for salon locations). Makeup artist Shane Paish went with peach blush and pink lip gloss (try Dior Pro Cheeks in Hip Peach, $30, and Dior Ultra-Gloss Reflect in Beige Velvet, $25, both at sephora.com). Editor: Xanthipi Joannides; hair: Enzo Angileri for Cloutier Agency; makeup: Shane Paish for celestineagency.com; manicure: Libbie Simpkins for celestineagency.com; production: Peter McClafferty. Wrap top, Dries Van Noten; leather and mother-of-pearl bracelet, Chan Luu; beaded bracelet, Cousin Claudine. See Go Shopping for more information. Read more about Theron on page 158.

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Pretty Little Dirty, by Amanda Boyden. It's steamy, salacious and beautifully written. It makes me *totally* grateful that I don't have to relive my teens.

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I find food books very relaxing. Maybe I'll finally finish *The Omnivore's Dilemma*, by Michael Pollan.

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Well Enough Alone, by Jennifer Traig, because who knew life as a hypochondriac could be so hilarious and witty? You'll be reading it out loud to your beach blanket buddies.

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PRETTY LITTLE DIRTY: LIAM GOODMAN

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The quintessential beach read about girlfriends: *Summer Sisters*, by Judy Blume.

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All my friends are raving about Jodi Picoult's *My Sister's Keeper*. I want to read it before the movie comes out.

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The Gold Coast by Nelson DeMille is one of my favorite beach reads of all time. It's a sexy guilty pleasure with crime, passion and money.

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LETTERS

Shape up for summer!

I spent high school dieting. In college I quit—then ate everything in sight. Your Body by Glamour program made it easy to set realistic goals and treat my body responsibly. The meals don't leave me with cravings, and the workouts fit into my schedule.

MICHELE RUBRIGHT, LITTLETON, COLO.

I love Body by Glamour. I did it last summer and lost eight pounds, then ate badly this winter and gained 12 pounds. But I am back on the program now and have already lost six pounds.

K.B., MINNEAPOLIS

I've tried diets where you have to buy the food; the weight just came back. But I won the lottery with your program. I can eat regular food and not go bankrupt at the grocery store!

MONA FRAMPTON, CENTER POINT, ALA.

Raring to sign up for this free plan? Go to glamour.com/bbg.

Where has your *Glamour* been?

My friend and I are teachers and spent spring break volunteering in Peru, where we visited Machu Picchu. *Glamour* kept us busy on the train ride there.

NICOLE ROTHAMEL AND CORINNE BLAKE, VOORHEES, N.J.

Taking your *Glamour* on summer vacation? Send in your photo and we might publish it. See details at right.

A special bond

Ayana and her mom

A thousand thank-yous for "Living Through My Mother's Breakdown" [May 2008] by Ayana Mathis. My mother is mentally ill too, and I often felt she was sick because *I* had done something wrong. This disease is rarely discussed. I applaud you, Ayana, and your mom for having the courage to tell your story.

M.D., VIA E-MAIL

In Ayana's story, there was such dignity and beauty in what could be seen by some as a "flawed" relationship. I think that's unconditional love at its best, and it's a powerful reminder to all of us.

NICHOLE LAWTON, BOSTON

You can read Ayana's story at glamour.com/magazine.

Lifesaving alert

"The Two-Minute Cancer Test" [May 2008] made me get a mole checked; now I'm getting it removed. I'm an aesthetician, I take care of my skin and I'm 24, so this surprised me. You may have saved my life.

CHELSEA CRAM, BREA, CALIF.

When I saw a suspicious spot on my husband's leg, he insisted it was nothing until I put your pictures of moles in front of him. His resembled the ones with melanoma. The dermatologist we saw removed the mole that same day—it was a step away from cancer.

SHANNON DUNN, LOS ANGELES

I'm so glad you published the story on Ellen Gray, my cousin who died of melanoma. As time goes by, it's easy to forget that she'd used tanning beds. I've been to a tanning salon since her passing, and now I will never go again. Thanks, *Glamour* and Ellen, for reminding me.

ALICIA PERRY, BRISTOLVILLE, OHIO

Find the article and safety tips at glamour.com/magazine.

Had your SPF serving?
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WOMEN AT THE BEACH: WALTER CERN AYANA: RON CABE; STILLS: WORLD PICTURE SERVICE

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Worth up to $3,500
One reader will win airfare and four nights at Jamaica's Grand Lido Negril Resort & Spa for two, provided by NWA WorldVacations.

Summer giveaway!

A trip to Jamaica, the must-have swimsuit or any of these chic summer essentials—yours for the winning! Go to glamour.com/contest for rules and to enter.

Worth $140
Four of you will score these Boss shades.

Worth $515
One of you can sport this wildly sexy one-piece from Eres.

Worth $128
Eight lucky readers will win the season's hottest one shoulder–style dress from Express.

Worth $140
Ten of you will sparkle in one of these cocktail rings by Philippe Audibert.

Worth $265
One winner can own the perfect summer sandals by Diane von Furstenberg.

Worth $69
Ten readers will nab the Dior-Show Kit, a collection of Dior's three must-have mascaras.

WOMAN AT THE BEACH: DENNIS GOTH/GETTY IMAGES; RINGS AND DIORSHOW KIT: LIAM GOODMAN; OTHER STILLS: JEFF HARRIS

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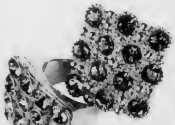

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A talented singer and songwriter, Andrea was a regular at open-mike nights. But cancer support groups weren't her thing: "I practice the fine art of repression," she wrote.

Above left: Andrea with her family this past Christmas. Left: at a music festival with a friend in 2005. Above: a picture from her MySpace page.

A *Glamour* goodbye

Andrea Coller rocked readers with her bold, fiercely honest memoir. She's gone, but her words continue to inspire.

With her niece Rose in 2005

An outtake from Andrea's *Glamour* shoot last February

"HOW DOES A SARCASTIC, TATTOOED, music-obsessed, Tic Tac–popping, vodka-drinking 27-year-old feel when her cancer comes back for the third time? Angry—and determined to come out alive."

With those words in last month's issue, we introduced you to Andrea Coller, the young hairstylist-singer-songwriter-shopgirl who'd just won our fifth personal essay contest with her "non–self-pitying, pugnacious" life story, to quote judge and Pulitzer Prize winner Jane Smiley. (Andrea's MySpace page pretty much captures her attitude: "Interests: music, writing, hair, poker, sports, books, fashion, kicking the shit out of cancer, knitting....") Just as our issue hit the stands, though, Andrea's best friend, Meredith, called with the devastating news that Andrea had passed away due to complications from her Hodgkin's lymphoma. Readers were shocked: "Andrea's story touched me immediately," wrote one commenter on glamour.com. "She had more life in those pages of *Glamour* than dozens of people I know who are still breathing! I never met her and I never will, but she has changed my life."

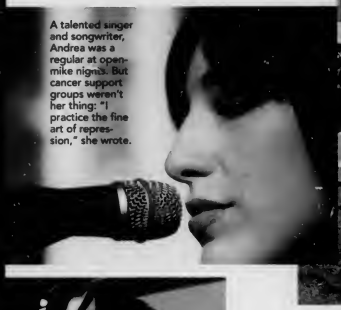
Apparently, Andrea did that to a lot of people. The baristas at the Northampton, Massachusetts, Starbucks where she was a regular customer pooled their money to buy flowers for her funeral. At the service, friends sang songs she'd written, and remembered their irrepressible, funny drinking buddy, the kind of woman who refused to say the word *terminal* and flirted with the orderlies in the hospital. "Andrea lived with the possibility that she might leave us at any moment, and I learned how with her," says Meredith. "It sounds trite, but I don't mean it from the self-help perspective of the Zen people we aren't.... She put her soul out into the world despite her struggles, wrote things heart-breaking and hilarious and lived like she meant it. Now she's gone, and I ache like crazy, but I know that to properly honor her I have to keep living that way too."

If you haven't read Andrea's essay already, find it at glamour.com/magazine. It's an amazing reminder that you can't make life longer, but you can make it *deeper*. She did.

The SAMFund, a nonprofit that helps young cancer survivors with their financial needs, has established the Andrea Coller Memorial Award, which will go to a patient with Andrea's fighting spirit. To learn more, go to thesamfund.org.

Cindi Leive, EDITOR IN-CHIEF

COLLER SITTING ON BED: ERIC KAZON. ALL OTHER COLLER PICTURES: COURTESY OF COLLER FAMILY AND FRIENDS. LEIVE: BOWMAN JEAN BOY; HAIR AND MAKEUP: DANIELLA CHAPELLE REPRESENTATION



A talented singer and songwriter, Andrea was a regular at open-mike nights. But cancer support groups weren't her thing: "I practice the fine art of repression," she wrote.

Above left: Andrea with her family this past Christmas. Left: at a music festival with a friend in 2005. Above: a picture from her MySpace page.

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THE DIFFERENCE BETWEEN
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New NIVEA® Good-bye Cellulite 30-Day Body Beauty Program.
Its smoothing gel with L-Carnitine helps reduce the appearance of cellulite in four weeks. And the dietary supplement helps support lean muscle mass.*
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Nexxus Sleek Memory turns heat into your hair's greatest ally.
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so in time, even freshly washed hair is measurably straighter.
Your hair knows best. So take it to the Nexxus Level
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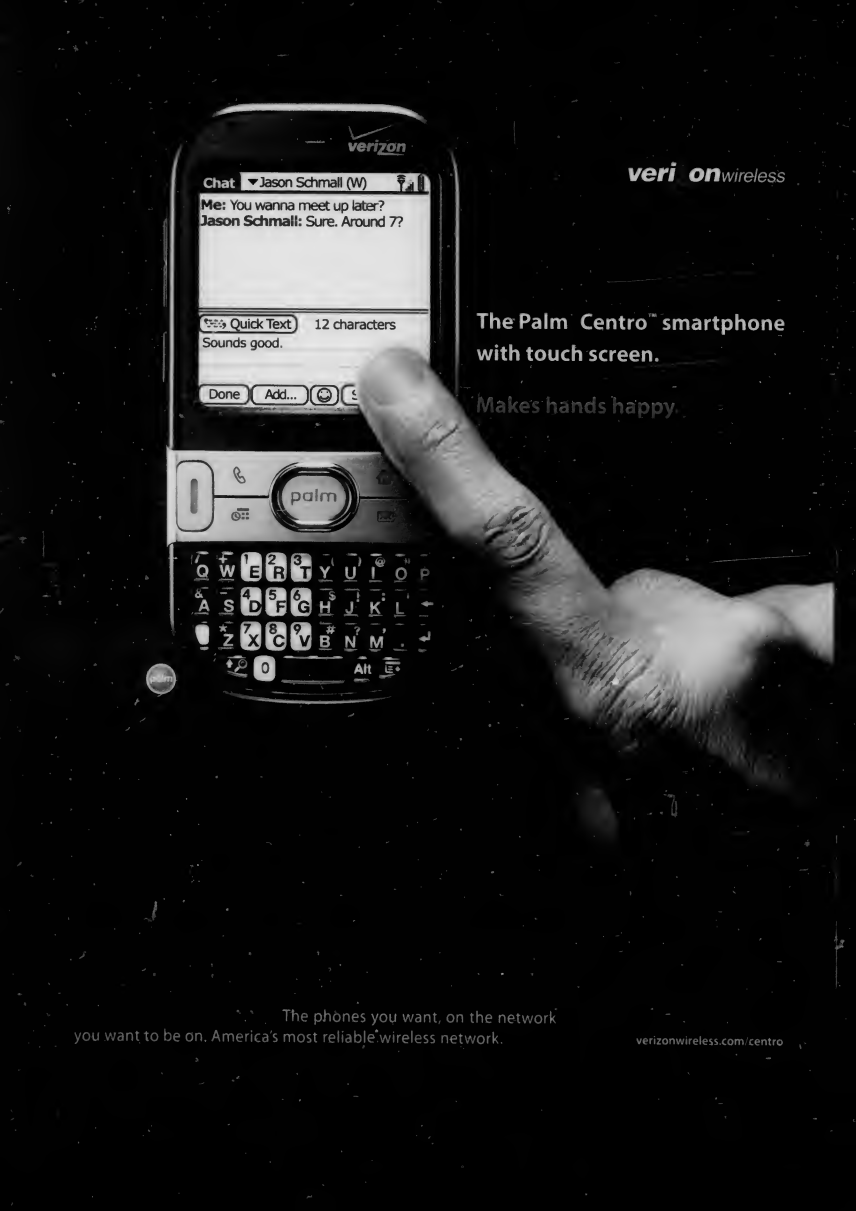

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dos, don'ts, news & views

GLAMOUR'S QUICK TAKE ON EVERYTHING SEEN ✦ HEARD ✦ NOTED ✦ & QUOTED

ATTAGIRLS! DO be this brave

FORGET SWIMWEAR COMpetitions; this pageant was all *heart*. Eighteen women disfigured by land mines competed in the first-ever Miss Landmine contest in war-torn Angola this spring to raise awareness and pride. (It is estimated that nearly 80,000 people have been maimed from mines used in the country's 27-year civil war.) And happily, there were no losers: All of the contestants got scholarships or money to start a business—and a new life.

Crowned for beauty and bravery—even missing a leg.

MISS LANDMINE CONTESTANT GLORIA GAIRE/© MISS LANDMINE 2008; BECKDALE PYRZEL THOMAS/FILMMAGIC.COM; BECKDALE QUOTE: ENTERTAINMENT WEEKLY, MARCH 6, 2008

GLAMOUR GIRLS BY MARISA MARCHETTO

NATURALLY SEXY? THAT'S A DO!

"The sex-bomb thing is totally fun, but you want to take the red shoes off sometimes."

—KATE BECKINSALE ON HER UPCOMING UNGLAMOROUS ROLES

quoted

"I was like, I finally found the woman I want to marry."

—AMY POEHLER ON FIRST MEETING FRIEND TINA FEY (SHE'S ACTUALLY MARRIED TO WILL ARNETT).

IS IT A DO OR A DON'T?

YOUR VOTES ARE IN. SEE WHAT GOT BLACK-BARRED THIS MONTH.

Tucking down your straps to avoid tan lines

68% SAY IT'S A DO

32% SAY IT'S A DON'T

Saying "I love you" first

61% SAY IT'S A DO | **39%** SAY IT'S A DON'T

Superhigh sandals

48% SAY THEY'RE A DO | **52%** SAY THEY'RE A DON'T

Cursing at work

20% SAY IT'S A DO | **80%** SAY IT'S A DON'T

DIY backyard fireworks

43% SAY THEY'RE A DO | **57%** SAY THEY'RE A DON'T

You wield the black bar! Vote on next month's Dos & Don'ts at glamour.com.

A $2,500 BAG ON A TEEN? DON'T THINK SO!

A Jimmy Choo on *Lipstick Jungle*'s Lindsay Price. Makes sense.

Sticker shocker: The bag on that Gossip Girl, right, costs $2,500. That's some serious adult coin—in fact, *G.G.*'s unemployed freshman Jenny is toting a bag even pricier than *Lipstick Jungle*'s thirtyish fashionista Victory's (who, realistically, *could* afford it). OMG, wardrobe! Save the designer loot for us grown-ups.

Valentino candy for *Gossip Girl*'s Taylor Momsen. Gorgeous—but wasted on a ninth grader!

Funny women: This guy says they're a DO

Q&A *David Sedaris, author of* When You Are Engulfed in Flames, *grew up with four sisters and once worked as a Christmas elf. Translation: The guy knows funny and he knows women.*

GLAMOUR: You write about lots of strong women. Who's the one that people ask you about most often?

DAVID SEDARIS: My mom. She was funny and liked attention. It always makes me feel good when people say, "Oh, I love reading about your mom."

GLAMOUR: How is it having four sisters?

DS: You can tell when you meet a guy who didn't grow up with sisters. You tell him, "A period is not that bad." Girls weren't a mystery to me. Like what makes them cry—that was always at my fingertips.

GLAMOUR: You write about your sister Amy [Sedaris] a lot: the story about her in a fat suit, and how she convinced you to shop in the women's department.

DS: Did you see the movie *Punch-Drunk Love*? When Adam Sandler is abused by his seven sisters? That torment, I completely believed it. —*CAROLINE CAMPION*

"I'd have been happy with an elastic band."

—JULIA ROBERTS on the (un) importance of an engagement ring

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Glamalert

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Neutrogena

Gotta get it

Feel the Love

We adore Cartier's charitable notion of love. So join them by celebrating Cartier's third annual Love Day on June 19. You can even customize your love by selecting a charity to support—via the color of the silk cord—on this year's Love Charity bracelet. For more information on Cartier's Love Day events, visit **love.cartier.com**.

Gotta be there

Ready, Set, Summer!

Get happy and stylish feet at our beach-friendly summer soiree, brought to you by Havaianas. Purchase a pair of Havaianas in a hot new summer shade, and we'll "glam" them up at our special booth with an exclusive complimentary crystal or charm customization. Sip tropical smoothies and chill out with us while you wait.

Where: Nordstrom, 3 Woodfield Mall, Schaumburg, IL
When: June 14, 12–3 p.m. & June 15, 1–4 p.m.

havaianas

Urban Oasis

This summer, plan a girls' getaway in the fashion capital of the world (that would be lovely NYC). Get pampered in an uptown spa, shop, and toast your fabulousness with cocktails at Bar 10. Stay at the center of it all—the Westin NY at Times Square. Your Heavenly Bed® awaits. Visit **glamalert.com** for more tips on doing it up in New York, or book a reservation now at 866.837.4183 or **westinny.com**.

Gotta see it

Nexxus Salon Hair Care

On BRAVO's *Shear Genius* this season, Nexxus Salon Hair Care provides stylists with the salon products they need to make their vision a reality. See Nexxus in action Wednesdays 10/9C.

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quoted

"Thinking about fashion every day would be like jail to me."

—RENÉE ZELLWEGER, WHO MANAGES TO LOOK GREAT ANYWAY

DO OWN IT

"I feel very relaxed playing the bitch."

—CHRISTINA APPLEGATE

113 YEARS OF *(actually happy)* CELEB MARRIAGES

With so much star scandal going round (cheating! divorce! sex tapes!), let's honor the pairs who make it work. Hey, newlyweds Jay-Z and Beyoncé, take notes! By Lauren Bradshaw

COUPLE	JON BON JOVI AND DOROTHEA HURLEY	PAUL NEWMAN AND JOANNE WOODWARD	PATRICK SWAYZE AND LISA NIEMI	FOREST AND KEISHA WHITAKER
Years married	19	50	32	12
How they met	In high school	He was acting in *Picnic* on Broadway; she was an understudy.	She was a dance student of his choreographer mother's.	While filming the '90s thriller *Blown Away*. (She played his girlfriend.)
Previous marriages	None	Yes. He was married to actress Jacqueline Witte for nine years.	No	Nope!
Kid count	4	4	0	4
Why they've lasted	Commitment. Jon's said, "People say, 'How come you're not sleeping with Angelina Jolie?' Well... I can't. That's OK. I can live with that. I got a good deal."	A sense of humor. Woodward has said, "Sexiness wears thin after a while, and beauty fades, but to be married to a man who makes you laugh every day, ah, now that's a real treat."	They know it's for better *and* worse. Lisa helped Patrick get to rehab to fight his alcohol addiction years ago, and now she's a source of support during his very public battle with pancreatic cancer.	They keep it normal. When asked about what they did after Forest won Best Actor, Keisha said, "We came home Oscar night and were like, 'Do we make lunches [for the kids]? Do we go to bed?'"

APPLEGATE: BIM SPELLMAN/WIREIMAGE.COM; ZELLWEGER: BEN CERVERY/STARTRAKSPHOTO.COM; BON JOVI AND HURLEY: RON GALELLA/WIREIMAGE.COM; NEWMAN AND WOODWARD: 1978 DAVID SUTTON/MPTV; SWAYZE AND NIEMI: CBS/LANDOV/REX USA; WHITAKER: KADEN/REX USA; JONES, JAGR, FOOTBALL, PALIKA AND BAILEY SHOES: GETTY IMAGES; OSCAR: COURTESY EVERETT COLLECTION; JULIE: DAVY ALLEX/CLOSER/MAGNOTOX.COM; ZELLWEGER QUOTE: THROWLINE.COM; APRIL 2008 APPLEGATE QUOTE: ABC.COM

Glam cam

We asked readers to snap a digital photo to answer our nosy question of the month.

Show us your favorite summer hangout!

1

"A house on stilts five miles out from the Florida coast." —SYNDA CLEMENTS, 22, FORT WAYNE, IND.

2

"Moab, Utah, where I hike every summer." —KARA WILLIAMS, 39, CARBONDALE, COLO.

3

"South Beach! I always talk my friends into going." —PORTIA OBENG, 22, COLUMBIA, MD.

4

"In the middle of Cowichan Lake, Vancouver Island." —AMY WILLSON, 24, VICTORIA, BRITISH COLUMBIA

Want your picture here?

Go to **glamour.com/dosanddonts** to find out next month's question. Then e-mail your answer (in the form of a photo) to glamcam@glamour.com.

$H_2Ohhh!$ Thirsty Skin Will Glow

All types of skin crave hydration. Without a little H_2O, your oily skin will kick into overdrive, dry skin-types will reveal every line and wrinkle, and even the hottest mineral makeup trends will look cakey and flat.

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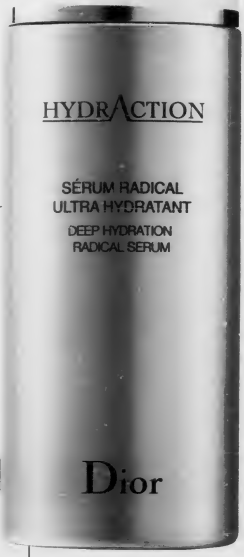

ONE DROP AND YOU WILL BELIEVE

Mention Dior Skincare at any Sephora store and you will receive a week's supply of this secret weapon from Dior.

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SEPHORA

She stands up to killers

World-famous marathoner Tegla Loroupe is calling for an end to violence in her country—and people are listening.

SHE MAY WEIGH just 88 pounds, but Kenyan runner Tegla Loroupe isn't intimidated by the angry mobs or vicious fighting that erupted in the wake of Kenya's disputed presidential election last December. In fact, Loroupe has dedicated herself to bringing together the election's bitter enemies.

Loroupe, the first African woman to win the New York City marathon, in 1994, cut back on her training to help quiet the unrest that has so far killed more than 1,000 people and displaced about 350,000. "I'm more interested in conflict resolution than competition," says the 35-year-old. She's met with at least one of Kenya's presidential candidates, who's since joined forces with his opponent to form a coalition government, as well as with former U.N. Secretary-General Kofi Annan, and visited dangerous slums to talk to residents about how to end the fighting. "People said, 'Are you crazy? You'll be killed,'" she recalls. "But I had to hear their grievances." Through her Tegla Loroupe Peace Foundation, she has organized "peace races," in which "members of Parliament run with warriors and mothers," she says. "Sports aren't political—when rivals run together, they learn that if they shoot, they kill their brother." —*LIZ WELCH*

Go to teglaloroupepeacefound.org for updates on Loroupe's efforts.

Go to glamour.com/news to nominate a woman who's a hero to you.

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SHE MAY WEIGH just 88 pounds, but Kenyan runner Tegla Loroupe isn't intimidated by the [illegible] she confronts. Tegla [illegible] that a group [illegible] called Kenya's disputed presidential election [illegible] December because Loroupe [illegible] decided [illegible] to bring the [illegible] together [illegible] after [illegible].

Loroupe, the first African woman to win the New York City marathon, in 1994, credits [illegible] training to [illegible] the unrest that has so far killed more than 1,000 people and displaced about 250,000. "I [illegible] interested in conflict resolution than competition," says the 35-year-old. She's met with at least one of Kenya's presidential candidates, who's since joined forces with his opponent to form a coalition government, as well as with former U.N. Secretary-General Kofi Annan, and visited dangerous slums to talk to residents about how to end the fighting. "People said, 'Are you crazy? You'll be killed,'" she recalls. "But I had to hear their grievances." Through her Tegla Loroupe Peace Foundation, she has organized "peace races," in which "members of Parliament run with warriors and mothers," she says. "Sports aren't political. When rivals run together, they learn that if they shoot, they kill their brother." —*Jill Welch*

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JOHN DAVIS

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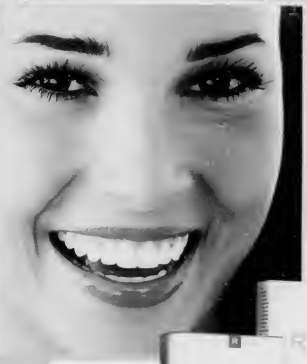

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EXPERT TIPS AND MAKEOVER TRICKS TO GET *YOUR* BEST LOOK NOW

Summer of LOVE

The spirit of the sixties lives on through the season's big runway trend: hippie-chic. And this time around, you don't have to tie-dye your undies or drive a VW bus. Just try bohemian scents, exotic accessories and groovy-pretty makeup. Fresh!

POWDER TO THE PEOPLE
YSL's Soleil D'Afrique Collector Powder for the Complexion ($72, yslbeautyus.com) moonlights as a statement pendant.

FOXY-LADY LIDS
Blue? Oh yes you can. Use it as liner: MAC Cosmetics Pigment in Mutiny ($20, maccosmetics.com).

EARTHY SUDS
Try essential-oil-laced soaps, like Panpuri Organic Cream Wash Bars ($25 for gift set, 800-674-4467).

PALE LIPS
Experiment with nudity in a less counterculture way: TIGI Bed Head Lip Conditioner in Bahama Balm Pink ($14, tigihaircare.com for salon locations).

Goldie Hawn circa 1968

ONE ZEN SCENT
Peace out with the woodsy Vintage Edition by Kenzo Eau de Toilette (3.4 oz., $65, sephora.com)

MODEL: KEITH IOMS. DIANE VON FURSTENBERG TOP. ELIZABETH HURLEY BEACH BIKINI BOTTOM. DECO BY SARA BELTRAMI NECKLACE. FINAL CLIFF HANGER: © LAUFER/GLOBE PHOTOS; STILLS: WORLD PICTURE SERVICE

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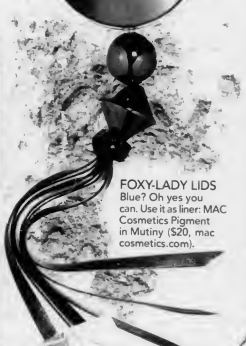

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Experiment with nudity in a less counterculture way: TIGI Bed Head Lip Conditioner in Bahama Balm Pink ($14, tigihaircare.com for salon locations).

ONE ZEN SCENT
Peace out with the woodsy Vintage Edition by Kenzo Eau de Toilette (3.4 oz., $65, sephora.com).

MODEL: KEITH MING. DIANE VON FURSTENBERG TOP. ELIZABETH HURLEY BEACH BIKINI BOTTOM. DRESS BY SARA BELTRAN NEUKAM. MANICURIST: HARRY. | CAPTIVA/GLOW PHOTOS. STILLS: WORLD PICTURE SERVICE

What we all want now: Really easy

Humidity doesn't have to mean total hair insanity, if you know how to

IF YOU'RE curly

You want a loose look that works *with* frizz.
What to do: Work mousse through very wet hair. If it's just damp, mousse can get sticky, says NYC stylist Christo. Try Nexxus Gorgeous Curls Curl Enhancing Styling Foam (left, $12, at drugstores). Squeeze gently; air-dry or diffuse.
What *not* to do: Scrunch every two seconds as hair dries—curls dry prettier if left alone.
Must-have tool: A wide-tooth comb detangles but won't flatten hair, like a fine-tooth one can. We like this Curlisto Handmade Finger Comb ($14, curlisto.com).

IF YOU'RE curlier

You want to keep ringlets smooth and shiny.
What to do: Mix a quarter-size dab of styling lotion with a dime-size dab of gel and rub into hair. For a premixed version, try Sunsilk Captivating Curls Gel & Cream Twist (left, $4, at drugstores). Finger-twirl for definition, then let dry.
What *not* to do: A quick run-hands-through-hair gel job. Coat sections one by one for lasting hold.
Must-have tool: A diffuser for drying in a hurry; it tempers fuzz-inducing blasts of air. A super-effective one: DevaConcepts DevaSun Dryer and DevaFuser (left, $185, devaconcepts.com).

curls

control your waves and ringlets. Here's help!

IF YOU'RE curliest

You want frizz control that won't quit.
What to do: Tight curls are prone to dryness, so apply leave-in conditioner like Kérastase Crème Oléo-Curl (left, $34, kerastase.com) before the lotion-gel mix described in the "curlier" section. Then hands off until hair's dry!
What *not* to do: Towel-dry hair. Instead, blot with an old tee—it's smoother, so no frizz.
Must-have tool: Long metal clips to keep roots lifted (left, Ricky's NYC Stainless Steel Silver Clips, $5 for six, 888-574-2592). Slide into wet hair, right at your scalp, and air-dry.

Curly Q's

Q How do you deal with frizz in 80-percent humidity? —A.P., BUENA PARK, CALIF.
A: Frizz is what happens when thirsty hair tries to suck up moisture from the air. To fight it, use an extra-hydrating conditioner, and rinse for only a few seconds so some stays on hair, says NYC stylist Dickey. Try Hair Rules Quench Deep Conditioner, 8 oz. ($20, hairrules.com).

Q What cut will make thick, wavy hair less poufy? —V.R., BROOKLYN
A: A style with layers will keep your hair from going out to there. Just ask for ones that fall below the chin; too-short sections can make hair so boing-y that it actually looks bigger.

Q How can I avoid shampooing daily if I go to the gym? —E.S., MAPLEWOOD, N.J.
A: "Sweat isn't dirt, it's salt water—use it as a bodifier!" says NYC stylist Lorraine Massey. Set damp roots in clips (as described below left) and leave in till hair's dry.

Unstraight stars

They proudly play for the other team, flaunting their ringlets in the face of flat-iron mania.

"These safari shades can look subtle or intense. It's all in how you blend 'em." —PETRA GUGLIELMETTI, BEAUTY WRITER-EDITOR YSL Palette Couleurs D'Afrique for The Eyes ($60, yslbeautyus.com)

"I used this to slick back my bob like Kate Bosworth has been doing. Worked great!" —AMBER KALLOR, BEAUTY ASSISTANT Biolage Sculpting Jelly ($14, biolage.com for salons)

"Love the fresh, sexy scent. I hooked the cute charm onto my makeup bag." —BAZE MPINJA, BEAUTY WRITER-EDITOR Missoni Acqua Eau de Toilette Refillable Spray, 2.5 oz. ($90, nordstrom.com)

"OD'ing on fake tanner is out. This gives subtle glow and soaks up T-zone shine too." —FELICIA MILEWICZ, BEAUTY DIRECTOR Chanel Illuminating Powder ($65, 800-723-2889)

That's so summer!

Seven right-now products our beauty editors are having flings with this season

"This adorable heel-and-elbow balm cradles dry spots; the lemony fragrance is superlight." —MARY MACLEAN, EXECUTIVE BEAUTY EDITOR Be Fine Food Skin Care Rough Spot Lemon ($18, befine.com)

"All of these colors are flecked with gold—gorgeous on everyone." —FELICIA MILEWICZ CK Calvin Klein Beauty Delicious Pout Flavored Lip Gloss ($13 each, select Dillard's stores, 800-345-5273)

"I layered this mascara over black—it's trendy without being crazy-bright." —AGGIE SYGNAROWICZ, BEAUTY ASSISTANT Clarins Wonder Waterproof Mascara in Wonder Mint ($24, clarins.com)

LIP GLOSSES: KEATE. ALL OTHER STILLS: WORLD PICTURE SERVICE

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BLONDE
BRUNETTE & RE
SHAMPOO
KEEPING HAIR COLOR VIBRANT SHOULDN'T DULL YOUR WALLET.
TRESemmé
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Perfect skin *every* day

Breakthrough products that make foundation, concealer and powder completely optional

YOUR PROBLEM:	ONE LIKELY SUSPECT:	THE NEW FIX:
Annoying little lines	Sun exposure. You may not bake on the beach (yay, you!), but you're still sacrificing your face to the wrinkle demons if you skip daily SPF. UVA rays break down collagen, which keeps skin smooth and firm.	A broad-spectrum SPF and, at night, a serum to help speed up collagen production. Our pick: Lancôme High Résolution Collaser-5X ($65, lancome-usa.com).
Dryness and/or puffiness	Partying a few nights in a row. "Alcohol is dehydrating," says NYC derm Sapna Westley, M.D. Booze also can trigger an inflammatory response, hence the eye bloat (isn't milk sounding great right about now?).	Try a few days without alcohol. And slather on a cream with a humectant like hyaluronate to lock in moisture. Our pick: Chanel Hydramax + Active Cream ($65, chanel.com).
Skin that's dull—as in, utterly glow-less	Lack of sleep. Overnight, skin repairs itself from pollution and sun damage. "I keep seeing young women who get only six hours," says Palm Beach derm Kenneth Beer, M.D., "which is not enough repair time."	Sleep more! A night cream with niacinamide will also help skin recover from damage. Our pick: Olay Definity Night Restorative Sleep Cream ($25, at drugstores).
Breakouts	Stress. "Many of my acne patients had clear skin as teens," says Dr. Westley. "Stress is a big factor." It amps up cortisol, a zit-inducing hormone. Since anxiety weakens the immune system, breakouts take longer to heal.	Destress with music or exercise, and use a cleanser with salicylic acid. Our pick: Neutrogena Healthy Skin Anti-Wrinkle Anti-Blemish Scrub ($7, at drugstores).

—STEPHANIE HUSZAR

Q "I have really big pores on my face. What can I do?"

—E.O., HIKONE, JAPAN

A: Keep them clean—oil-clogged pores look larger, says Alicia D. Zalka, M.D., a derm in Danbury, Connecticut. Exfoliating helps to get out gunk and, bonus, it polishes skin, which gives the illusion of more refined pores (think of a buffed wood floor—it's so much smoother looking). Dr. Zalka's a fan of the Clarisonic Skin Care System ($195, clarisonic.com), a definite investment she describes as "the Bentley of exfoliators"; use it with your usual cleanser. A bargain one we like: St. Ives Elements Warming Scrub (below, $7, at drugstores). Do either up to five times a week.

Scrubs with smaller beads like these are gentler.

TOP RIGHT: RICCARDO TINELLI. STYLED: WORLD PICTURE SERVICE. BEAUTY QUICKIE: SAPNA WESTLEY, M.D.

BEAUTY QUICKIE Embrace giant sunglasses: The less you squint, the more likely you'll stave off crow's-feet.

INTRODUCING
Sally Hansen
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Luminous Matte Pressed Powder
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• Oil-absorbing bamboo powder eliminates shine
• Antioxidant pomegranate helps smooth and revitalize skin
• Paraben-Free
"Powder is the las to naturally beautiful-look in. Never cakey, these po ders create a smooth finis and keep shine at bay all day."
Celebrity makeup artist CARMINDY
For more information about the entire line and to find a store nearest you, visit: www.sallyhansennaturalbeauty.com

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- Works gently to prevent cracking, splitting and peeling
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Rachel Jones, Charleston, South Carolina

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A technology breakthrough for unbelievably vibrant color and shine!
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Beauty Works
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FOR LIPS
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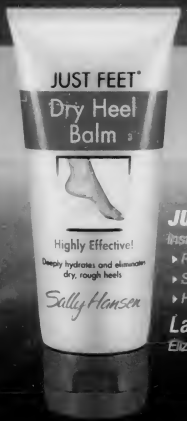

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Last seen after the marathon...

Elizabeth Sands, Boston, Massachusetts

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All your beauty questions answered

By Andrea Pomerantz Lustig

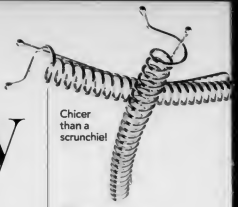
Kerry makes matched-up makeup work.

Q&A

If I wear colorful clothes, should my eye makeup match?

—K.F., NEW YORK CITY

I used to wimp out and wear neutral shadow with "whoa!" clothes, but celebs have inspired me to coordinate. I just go with a sheer, shimmery shade; opaque color is "too prom night," as makeup pro Chris Del Castillo says. If you have an emerald dress like Kerry Washington's, try a celery hue (left, L'Oréal Paris HIP Shocking Shadow Pigments in Rebel, $12, loreal paris.com). This works best for dressing up; fuchsia shadow with a hot pink tank is overkill.



Chicer than a scrunchie!

Beauty Dos

DO try a better hair holder. The Spiral ZannClip (above, $30, zannclip.com) clips on like a barrette, except it's much more flexible. My friend Emilie does triathlons in one, and it keeps her thick hair in place. Plus, it doesn't leave a crimp the way elast·s can.

DO soothe a sunburn (oops!). It might sound like breakfast, but this remedy from NYC's Townhouse Spa takes the red out: Mix a mashed banana with 2 teaspoons each of milk and cooked oatmeal; apply, and rinse after 10 minutes.

DO a speedy mani. Summer ones take ages to dry, and I'm antsy to get outside. My fast nail fix: Sally Hansen Color Quick Fast Dry Nail Color Pens ($8, at drugstores). So easy!

Got questions? Ask Andrea!

For more tips and tricks, visit Andrea's blog, or sign up for her new weekly Beautygram at glamour.com.

Q&A

Can you find me a self-tanner that doesn't reek?

—N.E., CHEYENNE, WYO.

Done! After raiding *Glamour*'s beauty closet, I discovered that "gradual" tanners smell better since they usually contain less DHA, the chemical that darkens skin. My clean-smelling favorite: Clinique Touch of Bronze Moisturizing Body Lotion ($19, clinique.com). I also like Fusion Beauty GlowFusion Face and Body Natural Protein Tan (left, $58, ulta.com), which has a cult following for its subtler scent.

OOH, THAT'S A

toughie!

HILFIGER

Q&A

My hair's dirty blond; should I lighten my brows?

—J.N., KEENE, N.H.

I like brownish brows with blondish hair. (Full disclosure: See photo at right!) But if you think yours look too severe, lighten them just a shade or two, says NYC colorist Sharon Dorram-Krause. At salons, they'll usually dye brows for free when you color your hair. If you DIY, use a facial-hair bleach and leave on for only three minutes at a time to avoid over-lightening—flattering on no one.

BEAUTY QUICKIE To make a bold shadow less intense, mix with a pearly white on the back of your hand.

Have a beauty challenge for our editors? Go to **glamour.com/beauty** to submit your dare!

WASHINGTON: FROM LEFT: PETER KRAMER/GETTY IMAGES; DAVE HOGAN/GETTY IMAGES; DIRTY BLOND HAIR: MARK LEBOWITZ; STILLS: WORLD PICTURE SERVICE; PONERANTZ LUSTIG: REBECCA GREENFIELD; STYLIST: MOLLY GALLAGHER; HAIR AND MAKEUP: JULIE CLEVERING

a little

minty-fresh

body wash is all the

liquid courage

we need

new Dove go fresh body wash in refreshing waterlily & fresh mint.

go fresh

Sun-kissed color from your sun protection.

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beauty steals & deals

July's best beauty buys

Makeup artists run through cases of these finds when 95° days hit. At these prices, they can afford to!

Stain your lips: Try a long-lasting stain (1) with a coat of clear gloss on top. "That way, you'll only touch up the shine," says Jay Manuel, creative director and judge for *America's Next Top Model*. **Say bye to smudges:** No need to fear raccoon eyes if you've got a good waterproof mascara (2). Hold the wand vertically to get the teeny corner lashes. **Try a tan in a can:** Shimmery powder can end up streaked by sweat. Manuel suggests using a bronzing mist (3) instead. It locks color in place all day. For the most natural effect, spray some into your hand, then apply it to your face with a brush. **Avoid makeup melt:** Primed eyelids won't get all smeary. Pre-shadow, use a base that contains silicone (4); it's a nongreasy substitute for oil.

$10
1. CoverGirl Outlast All-Day Lipcolor in Always Rosy (at drugstores)

$8
4. Sally Hansen Natural Beauty Eye Shadow Base (at drugstores)

$13
3. Sonia Kashuk Golden Summer Spray Bronzer (target.com)

$8
2. Maybelline New York Define-A-Lash Waterproof Mascara in Very Black (at drugstores)

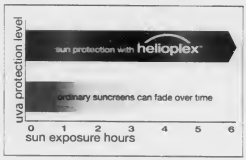
Check out the best celeb beach looks of all time at ***glamour.com/beauty.***

TOP RIGHT: WALTER CHIN; STILLS: WORLD PICTURE SERVICE

Best in sun protection.

There's more to sun protection than SPF.
SPF measures UVB burning rays, but what about UVA aging rays?

With **helioplex**™ in Ultra Sheer SPF 85, you now have access to UVA/UVB protection that outshines the competition.



Strongest protection.

SPF measures UVB protection, while PFA measures UVA protection. With an unbeatable PFA owed to **helioplex**™ plus the highest SPF, Neutrogena Ultra Sheer® SPF 85 offers the highest combined UVA/UVB protection versus the top 10 sunscreens available.

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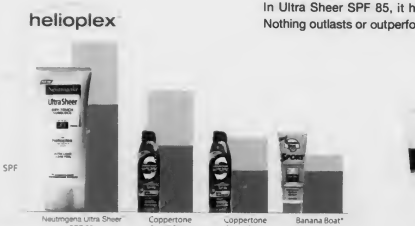
UVA protection in many sunscreens begins to break down the moment your skin is exposed to the sun. That's why Neutrogena created **helioplex**.™ In Ultra Sheer SPF 85, it helps UVA defense stay strong and steady longer. Nothing outlasts or outperforms it.



Neutrogena and the American Cancer Society, dedicated to preventing skin cancer.

Neutrogena and the American Cancer Society encourage you to wear sun protection with a minimum SPF of 30 and reapply every 2 hours.

HELP BLOCK OUT SKIN CANCER
American Cancer Society

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No wonder Neutrogena suncare is most used by dermatologists for their families.
For more on the complete line of products with revolutionary **helioplex**,™ visit **neutrogena.com**

The American Cancer Society does not endorse any specific product. Neutrogena pays a royalty to the Society for the use of its logo. Tested with [illegible] products available as of [illegible].

LOOK ON THE White Side

When it comes to summer fashion, white is the perfect complement to your new tan. Learn how to rock these super chic white accessories and stay your coolest in hot summer weather.

WHITE-HOT SUMMER GIVEAWAY

It's simple—show off your pearly whites and you could win everything you see here. Go to glamalert.com to enter for your chance to win.*

1. The ultimate white bag to tote all your beauty tricks. *karenmillen.com* **2.** Take a break from flirty looks with retro-inspired shades. *amette.com* **3.** Style is in full bloom with these strappy sandals. *giuseppe-zanotti-design.com* **4.** This necklace will rock either a T-shirt or a dress. *lasophia.com* **5.** White jeans are the perfect fit for summer sizzle. *7forallmankind.com* **6.** Mental note: Brighten your pearly whites! Keep your to-do list on this voice recorder/MP3 player. *olympusamerica.com*

7. Take it from us: White teeth are always a good look. Touch up the whiteness of your teeth in between full whitening treatments—in just 2 days—with Aquafresh® White Trays™ Revive™. Designed by cosmetic dentists for a snug, comfortable fit, the flexible, disposable, pre-filled trays work with the same enamel-safe ingredient dentists use, for a fast and easy way to keep your white smile as great as your fabulous white accessories!

*NO PURCHASE NECESSARY. For full rules, visit Glamalert.com. Starts 12:01 a.m. ET June 10, 2008 and ends 11:59 p.m. ET July 8, 2008, when all entries must be received. Open to legal residents of the 50 United States/D.C. 21 and older, except employees of Sponsor, their immediate families, and those living in the same household. Void outside the 50 United States/D.C. and where prohibited. ARV is $7,600. Odds of winning depend on the number of eligible entries received. Sponsor: The Conde Nast Publications, 4 Times Square, New York, NY 10036. Glamalert/Revive, 1000 CSA Drive, Moon Township, PA 15108.

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Look like a Greek goddess

We're loving this trend: light-as-air fabrics, floaty dresses and gladiator flats. Now go out there and get worshipped!

A flat sandal
Alberta Ferretti, Forty Five Ten, Dallas, 214-559-4510

An embellished necklace
Subversive Jewelry by Justin Giunta, subversive jewelry.com

LANVIN

A sexy white dress
3.1 Phillip Lim, Gito, Englewood, NJ, 201-541-7330

A gold bracelet
R.J. Graziano, 212-685-1248

RUNWAY: MARA HOFFMAN; PRO PHOTO: STILLS: JEFF HARRIS

See Go Shopping for more information.

Dresses that

Even over a swimsuit! The cute, casual new

MICHAEL KORS

THE LOOK:
Accent an electric-hue caftan with white accessories. For the beach, stick with just the floppy hat.

Beads and sequins—sweet!

Glam up any bikini
Corey Lynn Calter belted dress, $184, Kitson, L.A., 310-859-2652; American Eagle Outfitters bikini, $54, ae.com

THIS SEASON'S BEST EXTRAS

Sandals with gold accents

From left: You by Crocs, $130, youbycrocs.com; Kors Michael Kors, $235, zappos.com; Diane von Furstenberg, $265, DVF, NYC, 646-486-4800

WIN IT! See p.16

RUNWAY: MARIA VALENTINO/MCV PHOTOS; STILLS: JEFF HARRIS

See Go Shopping for more information.

go everywhere

styles look great as cover-ups and as real clothes.

WIN IT! See p.16

Big shades: still hot. Boss, $140, solsticestores.com for stores.

Mix bright retro stuff

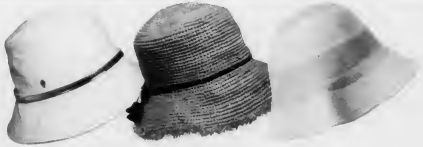
French Connection dress, $138, select Bloomingdale's, 800-232-1854; Kenneth Jay Lane starfish pin, $120, Kenneth Jay Lane, NYC, 646-912-8371; R.J. Graziano fish pin, $125, 212-685-1248; Boden swimsuit, $64, bodenusa.com; Chinese Laundry belt, $25, chineselaundrybelts.com

Throw on something fun

J.Crew dress, $165, jcrew.com; Letarte by Lisa Cabrinha bikini, $156, letarteswimwear.com

A straw bag

Pricey, but you'll carry it all summer long. Kate Spade, $395, katespade.com.



Cute sun hats

From left: Helen Kaminski, $135, plazatoo.com; Flora Bella, $104, Angel, Santa Barbara, CA, 805-565-1599; Nine West, $32, select Nine West stores, 800-999-1877

Want more summer style options? **Go to glamour.com/fashion** for celeb-inspired looks at every price.

IMPORTANT SAFETY INFORMATION ABOUT YAZ:

What are the risks involved with taking any oral contraceptive (OC)? OCs can be associated with increased risks of several serious side effects. OCs do not protect against HIV infection or other STDs. **Women, especially those 35 and over, are strongly advised not to smoke because it increases the risk of serious cardiovascular side effects including blood clots, stroke, and heart attack.**

Bayer HealthCare Pharmaceuticals

READY FOR BIRTH CONTROL THAT GOES BEYOND?

[illegible] is a birth control pill that's also effective and can give you shorter, lighter periods. But it goes beyond that. It's the first and only contraceptive proven to treat emotional and physical premenstrual symptoms severe enough to impact your life, a condition doctors call PMDD. Symptoms may include:

- **Irritability**
- **Moodiness**
- **Feeling anxious**
- **Bloating**
- **Increased appetite**
- **Fatigue**
- **Headaches**
- **Muscle aches**

YAZ can also help keep your skin clear. In recent studies, 9 out of 10 women saw improvement in their moderate acne.

YAZ is for women who choose the Pill for contraception. It should be taken as directed, and is available by prescription only.

Who shouldn't take YAZ?
YAZ contains a different kind of hormone that may increase potassium. Therefore, you should not take YAZ if you have kidney, liver, or adrenal disease because this could cause serious heart and health problems. Tell your doctor if you are on daily long-term treatment for a chronic condition such as cardiovascular disease or chronic inflammatory disease. Women who take certain drugs (see below) should have their potassium levels checked in the first month of taking YAZ.

You don't have to take it anymore! Talk to your healthcare professional to find out if YAZ is right for you.

YAZ® (drospirenone & ethinyl estradiol)

BEYOND BIRTH CONTROL™

www.YAZ-us.com **1-866-YAZ-PILL**

What cardiovascular or chronic inflammatory drugs may increase potassium? NSAIDs—ibuprofen (Motrin,® Advil®), naproxen (Naprosyn,® Aleve,® and others) when taken long-term and daily for arthritis or other diseases or conditions, Potassium-sparing diuretics (spironolactone and others), Potassium supplementation, ACE inhibitors (Capoten,® Vasotec,® Zestril,® and others), Angiotensin-II receptor antagonists (Cozaar,® Diovan,® Avapro,® and others), Heparin, and Aldosterone antagonists. See important patient information on reverse side.

BRIEF SUMMARY PATIENT PACKAGE INSERT

YAZ®

(drospirenone and ethinyl estradiol) Tablets
containing the following
24 light pink – "active" tablets
4 white – "inert" tablets

This product (like all oral contraceptives) is intended to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

YAZ® is different from other birth control pills because it contains the progestin drospirenone. Drospirenone may increase potassium. Therefore, you should not take YAZ if you have kidney, liver or adrenal disease because this could cause serious heart and health problems. Other drugs may also increase potassium. If you are currently on daily, long-term treatment for a chronic condition with any of the medications below, you should consult your healthcare provider about whether YAZ is right for you, and during the first month that you take YAZ, you should have a blood test to check your potassium level.

- **NSAIDs (ibuprofen (Motrin, Advil), naproxyn (Aleve and others) when taken long-term and daily for treatment of arthritis or other problems)**
- **Potassium-sparing diuretics (spironolactone and others)**
- **Potassium supplementation**
- **ACE Inhibitors (Capoten, Vasotec, Zestril and others)**
- **Angiotensin-II receptor antagonists (Cozaar, Diovan, Avapro and others)**
- **Heparin**
- **Aldosterone antagonists**

INDICATIONS

1. YAZ is indicated for the prevention of pregnancy in women who elect to use an oral contraceptive
2. YAZ is also indicated for the treatment of symptoms of premenstrual dysphoric disorder (PMDD) in women who choose to use an oral contraceptive as their method of contraception. The effectiveness of YAZ for PMDD when used for more than three menstrual cycles has not been evaluated
3. YAZ is indicated for the treatment of moderate acne vulgaris in women at least 14 years of age, who have no known contraindications to oral contraceptive therapy and have achieved menarche. YAZ should be used for the treatment of acne only if the patient desires an oral contraceptive for birth control

YAZ is an oral contraceptive also known as a "birth control pill" or "the Pill." Oral contraceptives are taken to prevent pregnancy, and, when taken correctly without missing any pills, have a failure rate of approximately 1% per year (1 pregnancy per 100 women per one year). The typical failure rate in pill users is approximately 5% per year (5 pregnancies per 100 women per year of use) when women who miss pills are included. Forgetting to take pills considerably increases the chances of pregnancy.

YAZ may also be taken to treat premenstrual dysphoric disorder (PMDD) if you choose to use the Pill for birth control. Unless you have already decided to use the Pill for birth control, you should not start YAZ to treat your PMDD because there are other medical therapies for PMDD that do not have the same risks as the Pill. PMDD is a mood disorder related to the menstrual cycle. PMDD significantly interferes with work or school, or with usual social activities and relationships with others. Symptoms include markedly depressed mood, anxiety or tension, mood swings, and persistent anger or irritability. Other features include decreased interest in usual activities, difficulty concentrating, lack of energy, change in appetite or sleep, and feeling out of control. Physical symptoms associated with PMDD may include breast tenderness, headache, joint and muscle pain, bloating and weight gain. These symptoms occur regularly before menstruation starts and go away within a few days following the start of the period. Diagnosis of PMDD should be made by healthcare providers using DSM-IV criteria.

You should only use YAZ for treatment of PMDD if you

- Have already decided to use oral contraceptives for birth control, and
- Have been diagnosed with PMDD by your healthcare provider

YAZ has not been shown to be effective for the treatment of premenstrual syndrome (PMS), a less serious cluster of symptoms occurring before menstruation. If you or your healthcare provider believe you have PMS, you should only take YAZ if you want to prevent pregnancy, and not for the treatment of PMS.

YAZ may also be taken to treat moderate acne in women who are able to and wish to use the pill for birth control

Any woman who needs contraception (birth control) and chooses to use an oral contraceptive should understand the benefits and risks of using the Pill. This leaflet will give you much of the information you will need to help you decide if you should use the Pill for contraception and will also help you determine if you are at risk of developing any of the serious side effects of the Pill. It will tell you how to use the Pill properly so that it will be as effective as possible. However, this leaflet is not a replacement for a careful discussion between you and your healthcare professional. You should discuss the information provided in this leaflet with him or her, both when you first start taking the Pill and during your revisits. You should also follow your healthcare professional's advice with regard to regular check-up while you are on the Pill.

For the majority of women, oral contraceptives can be taken safely. But there are some women who are at high risk of developing certain serious diseases that can be life-threatening or may cause temporary or permanent disability or death. The risks associated with taking oral contraceptives increase significantly if you

- smoke
- have high blood pressure, diabetes, high cholesterol or are obese
- have or have had clotting disorders, heart attack, stroke, angina pectoris (severe chest pains), cancer of the breast or sex organs, jaundice, or malignant or benign liver tumors

You should not take the pill if you suspect you are pregnant or have unexplained vaginal bleeding.

Although cardiovascular disease risks may be increased with oral contraceptive use after age 40 in healthy, non-smoking women (even with the newer low-dose formulations), there are also greater potential health risks associated with pregnancy in older women.

Cigarette smoking increases the risk of serious adverse effects on the heart and blood vessels from oral contraceptive use. This risk increases with age and with heavy smoking (15 or more cigarettes per day) and is quite marked in women over 35 years of age. Women who use oral contraceptives should not smoke.

Most side effects of the pill are not serious. The most common such effects are nausea, vomiting, bleeding between menstrual periods, weight gain, breast tenderness, and difficulty wearing contact lenses. These side effects, especially nausea and vomiting may subside within the first three months of use.

The serious side effects of the pill occur very infrequently, especially if you are in good health and are young. However, you should know that the following medical conditions have been associated with or made worse by the pill:

1 Blood clots in the legs (thrombophlebitis), lungs (pulmonary embolism), blockage or rupture of a blood vessel in the brain (stroke), blockage of blood vessels in the heart (heart attack and angina pectoris) or other organs of the body. As mentioned above, smoking increases the risk of heart attacks and strokes and subsequent serious medical consequences. Women with migraine headaches also may be at increased risk of stroke when taking the pill.

2 Liver tumors, which may rupture and cause severe bleeding. A possible but not definite association has been found with the pill and liver cancer. However, liver cancers are extremely rare. The chance of developing liver cancer from using the pill is thus even rarer.

3 Gall bladder disease, although blood pressure usually returns to normal when the pill is stopped

4 Cancer of the breast. Various studies give conflicting reports on the relationship between breast cancer and oral contraceptive use. Oral contraceptive use may slightly increase your chance of having breast cancer diagnosed, particularly after using hormonal contraceptives at a younger age. After you stop using hormonal contraceptives, the chances of getting breast cancer begin to go back down. You should have regular breast examinations by a healthcare provider and examine your own breasts monthly. Tell your healthcare provider if you notice any unusual physical disturbances while taking the pill. In addition, drugs such as rifampin, as well as some anticonvulsants, some antibiotics and some herbal products such as St. John's Wort, may decrease oral contraceptive effectiveness.

Taking the pill may provide some important non-contraceptive benefits. These include less painful menstruation, less menstrual blood loss and anemia, fewer pelvic infections, and fewer cancers of the ovary and the lining of the uterus.

Be sure to discuss any medical condition you may have with your healthcare provider. Your healthcare provider will take a medical and family history before prescribing oral contraceptives and will examine you. The physical examination may be delayed to another time if you request it and the healthcare provider believes that it is appropriate to postpone it. You should be reexamined at least once a year while taking oral contraceptives. The detailed patient information booklet gives you further information which you should read and discuss with your healthcare provider.

This product (like all oral contraceptives) is intended to prevent pregnancy. Oral contraceptives do not protect against HIV infection (AIDS) and other sexually transmitted diseases such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis.

INSTRUCTIONS TO PATIENTS

HOW TO TAKE THE PILL

IMPORTANT POINTS TO REMEMBER

BEFORE YOU START TAKING YOUR PILLS:

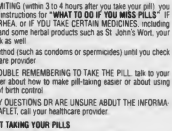
1. BE SURE TO READ THESE DIRECTIONS
   Before you start taking your pills
   Anytime you are not sure what to do
2. THE RIGHT WAY TO TAKE THE PILL IS TO TAKE ONE PILL EVERY DAY AT THE SAME TIME. YAZ CAN BE TAKEN WITHOUT REGARD TO MEALS.
   If you miss pills you could get pregnant. This includes starting the pack late. The more pills you miss, the more likely you are to get pregnant. See **"WHAT TO DO IF YOU MISS PILLS"** below.
3. MANY WOMEN HAVE SPOTTING OR LIGHT BLEEDING, OR MAY FEEL SICK TO THEIR STOMACH DURING THE FIRST 1-3 PACKS OF PILLS.
   If you do have spotting or light bleeding or feel sick to your stomach, do not stop taking the pill. The problem will usually go away. If it does not go away, check with your healthcare provider.
4. MISSING PILLS CAN ALSO CAUSE SPOTTING OR LIGHT BLEEDING, even when you make up these missed pills.
   On the days you take two pills to make up for missed pills you could also feel a little sick to your stomach
5. IF YOU HAVE VOMITING (within 3 to 4 hours after you take your pill), you should follow the instructions for **"WHAT TO DO IF YOU MISS PILLS."** IF YOU HAVE DIARRHEA, or IF YOU TAKE CERTAIN MEDICINES, including some antibiotics and some herbal products such as St. John's Wort, your pills may not work as well.
   Use a back-up method (such as condoms or spermicides) until you check with your healthcare provider
6. IF YOU HAVE TROUBLE REMEMBERING TO TAKE THE PILL, talk to your healthcare provider about how to make pill-taking easier or about using another method of birth control.
7. IF YOU HAVE ANY QUESTIONS OR ARE UNSURE ABOUT THE INFORMATION IN THIS LEAFLET, call your healthcare provider.

BEFORE YOU START TAKING YOUR PILLS

1 DECIDE WHAT TIME OF DAY YOU WANT TO TAKE YOUR PILL.
   It is important to take YAZ at about the same time every day. YAZ can be taken without regard to meals.

2 LOOK AT YOUR PILL PACK. – IT HAS 28 PILLS
   The YAZ-pill pack has 24 light pink "active" pills (with hormones) to be taken for 24 days, followed by 4 white "reminder" pills (without hormones) to be taken for four days

3 ALSO FIND:
   1) Where on the pack to start taking pills.
   2) In what order to take the pills (follow the arrows)
   3) The week numbers as shown in the diagram below



4 BE SURE YOU HAVE READY AT ALL TIMES:
   ANOTHER KIND OF BIRTH CONTROL (such as condoms or spermicides) to use as a back-up in case you miss pills.
   AN EXTRA, FULL PILL PACK.

WHEN TO START THE *FIRST* PACK OF PILLS

You have a choice for which day to start taking your first pack of pills. Decide with your healthcare provider which is the best day for you. Pick a time of day which will be easy to remember.

DAY 1 START:

1. Take the first light pink "active" pill of the first pack during the *first 24 hours of your period*
2. You will not need to use a back-up method of birth control, since you are starting the pill at the beginning of your period

SUNDAY START:

1. Take the first light pink "active" pill of the first pack on the *Sunday after your period starts*, even if you are still bleeding. If your period begins on Sunday, start the pack that same day
2. *Use another method of birth control* (such as condoms or spermicides) as a back-up method if you have sex anytime from the Sunday you start your first pack until the next Sunday (7 days).

WHEN YOU SWITCH FROM A DIFFERENT BIRTH CONTROL PILL

When switching from another birth control pill, YAZ should be started on the same day that a new pack of the previous birth control pills would have been started.

WHAT TO DO DURING THE MONTH

1 **TAKE ONE PILL AT THE SAME TIME EVERY DAY UNTIL THE PACK IS EMPTY**
   Do not skip pills even if you are spotting or bleeding between monthly periods or feel sick to your stomach (nausea)
   Do not skip pills even if you do not have sex very often.

2 **WHEN YOU FINISH A PACK OF PILLS:**
   Start the next pack on the day after your last white "reminder" pill. Do not wait any days between packs.

WHAT TO DO IF YOU MISS PILLS

If you **MISS 1** light pink "active" pill in Week 1 of your pack

1. Take it as soon as you remember. Take the next pill at your regular time. This means you may take two pills in one day.
2. You do not need to use a back-up birth control method if you have sex

If you **MISS 2** light pink "active" pills in a row in **WEEK 1** or **WEEK 2** of your pack

1. Take two pills on the day you remember and two pills the next day.
2. Then take one pill a day until you finish the pack.
3. You COULD BECOME PREGNANT if you have sex in the 7 days after you restart your pills. You MUST use another birth control method (such as condoms or spermicides) as a back-up for those 7 days.

If you **MISS 2** light pink "active" pills in a row in **WEEK 3** or **Week 4** of your pack:

1. **If you are a Day 1 Starter:**
   THROW OUT the rest of the pill pack and start a new pack that same day.
   If you are a Sunday Starter:
   Keep taking one pill every day until Sunday. On Sunday, THROW OUT the rest of the pack and start a new pack of pills that same day.
2. You COULD BECOME PREGNANT if you have sex in the 7 days after you restart your pills. You MUST use another birth control method (such as condoms or spermicides) as a back-up for those 7 days
3. You may not have your period this month but this is expected. However if you miss your period two months in a row, call your healthcare provider because you might be pregnant.

If you **MISS 3 OR MORE** light pink "active" pills in a row during **ANY Week:**

1. **If you are a Day 1 Starter:**
   THROW OUT the rest of the pill pack and start a new pack that same day
   If you are a Sunday Starter
   Keep taking 1 pill every day until Sunday. On Sunday, THROW OUT the rest of the pack and start a new pack of pills that same day.
2. You COULD BECOME PREGNANT if you have sex in the 7 days after you restart pills. You MUST use another birth control method (such as condoms or spermicides) as a back-up for those 7 days
3. You may not have your period this month but this is expected. However if you miss your period two months in a row, call your healthcare provider because you might be pregnant.

If you **MISS ANY** of the **4 white** "reminder" pills in **Week 4**

THROW AWAY the pills you missed.
Keep taking one pill each day until the pack is empty
You do not need a back-up method of birth control

FINALLY, IF YOU ARE STILL NOT SURE WHAT TO DO ABOUT THE PILLS YOU HAVE MISSED:

Use a BACK-UP METHOD (such as condoms or spermicides) anytime you have sex.

KEEP TAKING ONE ACTIVE LIGHT PINK PILL EACH DAY until you can contact your healthcare provider

For additional information see "Detailed Patient Labeling"

Manufactured for

Bayer HealthCare Pharmaceuticals

Bayer HealthCare Pharmaceuticals Inc
Wayne, NJ 07470

Manufactured in Germany

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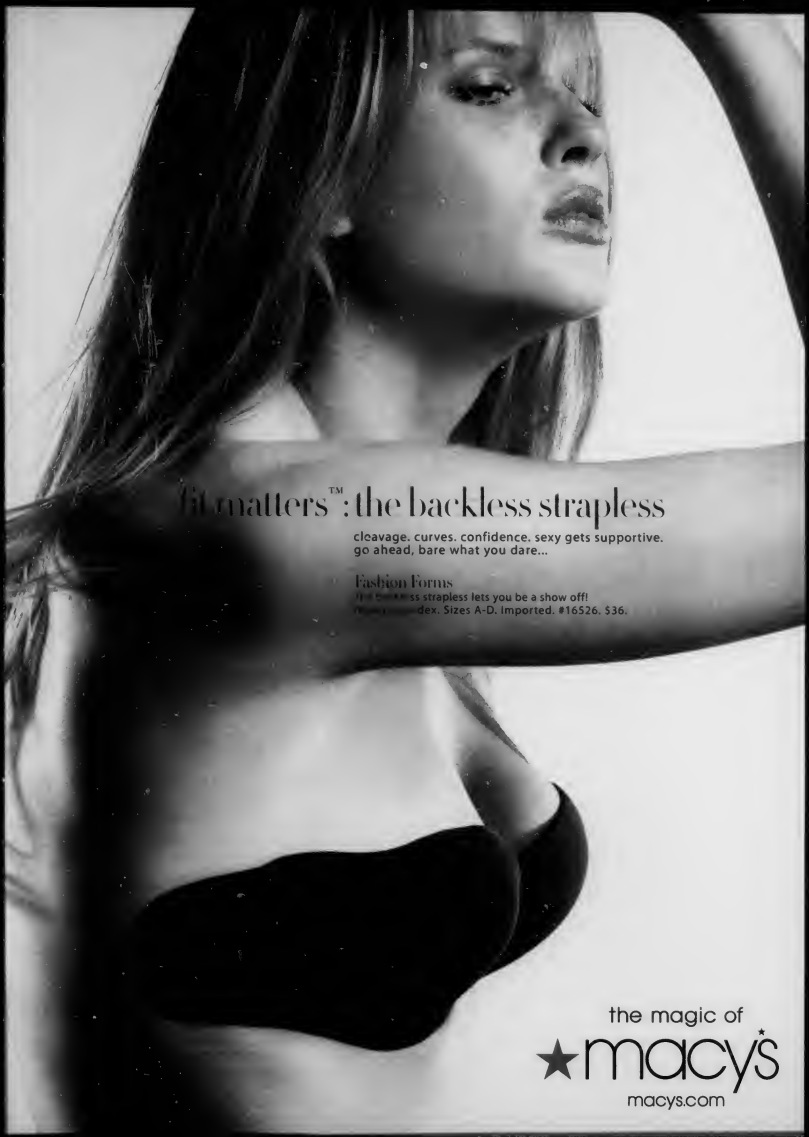
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dex. Sizes A-D. Imported. #16526. $36.
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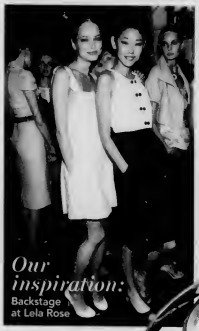


$35
Mundi clutch, 800-457-7782

$34
Classified shoes, fortunedynamic.com for stores

$29
MNG by Mango bangles, set of four, mngshop.com

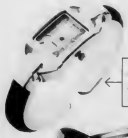
$25
Emitations necklace, emitations.com

Summery work stuff—all less than $40

$39
Unique Vintage top, unique-vintage.com

$35
Old Navy jacket, oldnavy.com

$25
Isaac Mizrahi for Target skirt, target.com



$30
Avon watch, avon.com

$35
Alice + Olivia for Payless shoes, payless.com

$20
Fantas-Eyes sunglasses, fantas-eyes.com

$10
Shop Suey Boutique ring, shopsuey boutique.com

MODELS: MARK LEBOWITZ, STILLS: JEFF HARRIS

Love her style!

Welcome to a new page that's all about discovering great fashion sense right on the street. No models, no stylists—just real women snapped in their own adorable clothes.

JEANIE LIM
Artist, 28, Los Angeles

How would you describe what you've got going on?
Classic with a twist. I wear button-down shirts with pegged camo pants. I don't shy away from color; I like finding new ways of mixing brights and prints that aren't so predictable.

So what are you wearing today?
Miss Sixty pants, a floral top from the vintage shop Rellik in London, Marc Jacobs sunglasses and an old seersucker jacket I've had for years.

Where'd you get your great Hermès handbag?
I borrowed it from my mom's closet, actually! You can rock this bag with sneakers but also with a pencil skirt—it's so incredibly versatile!

What's inside?
My BlackBerry, lip balm, hand lotion, aspirin, an old men's wallet, pens.

How many pairs of sneakers do you own?
More than 50—I even have a separate closet for them in my apartment. I work in a creative field, so I can wear sneakers every day. Comfort is really important to me!

Do you have any shopping secrets we can steal?
If I like something and it's a good fit, I immediately buy two! —*JENNY FELDMAN*

5 *things that define my look*

Fashion icon: *David Bowie*

Jewelry obsession: *Art deco pieces*

Can't live without: *Converse!*

Fave designer: *Vivienne Westwood*

Must-have accessory: *A men's watch*

MARK KLEBOWITZ, SITTING EDITOR; API DEBUS, BOWIE; CHRISTIAN SPIGNER/TEN FOTOGRAFIA, CORDS; VIVIENNE WESTWOOD BONNIE; MARIA VALENTINO/PICTURES TELLS, CUFF; MARIA LA BONNA/MAD, CONVERSE; SHADES, TALKER MAD; LOLA JIMENEZ/LOLA PACK, WRISTWATCH

Spotted your own Glamour Girl? Post her picture at **glamour.com/dosanddonts**.

GO AHEAD

SHOW SOME SKIN.

6 best dresses for your shape

We've got the most flattering and slim-ifying choices for your curves!

Full skirts and defined waists—great on almost all bodies. Dress, bangles, Christian Lacroix.

Best for adding curves!
Banana Republic, sizes 0–14, $150, bananarepublic.com for stores

Best for big busts!
J.Crew, sizes 0–16, $168, jcrew.com

Best for curvy figures (plus-size or not)!
Liz Claiborne, sizes 2–16, 2P–16P, 14W–24W, $99, 800-555-9838 for stores

Best for big hips!
Maggy London, sizes 2–16, $130, select Macy's, 800-343-0121

Best for plus sizes!
Silhouettes, sizes 12–26, $79, silhouettes.com

Best for pear shapes!
Express, sizes 0–12, $128, select Express, 877-415-4551

WIN IT! See p.16

Watch a video guide to shopping for dresses that flatter your shape at glamour.com/fashion

MODEL PATRICK DEMARCHELIER; HAIR PAOLO FERRERA AT CALLISTE; MAKEUP REBECCA RESTREPO AT THE WALL GROUP; STILLS JEFF HARRIS

See Go Shopping for more information.

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MODEL: PATRICK DEPAMPHELIER. HAIR: PAOLO FERREIRA AT CALLISTE. MAKEUP: REBECCA RESTREPO AT THE WALL GROUP. STILLS: JEFF HARRIS

See Go Shopping for more information.

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A leak can ruin everything.

Why risk it?
Only Tampax
has LEAKGUARD™
Built-in Backup®
to help stop leaks
before they start.
So don't be fooled
by look-alikes.

Look before
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LeakGuard Skirt

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Poland Spring® Natural Spring Water. A little natural does a lot of good.™
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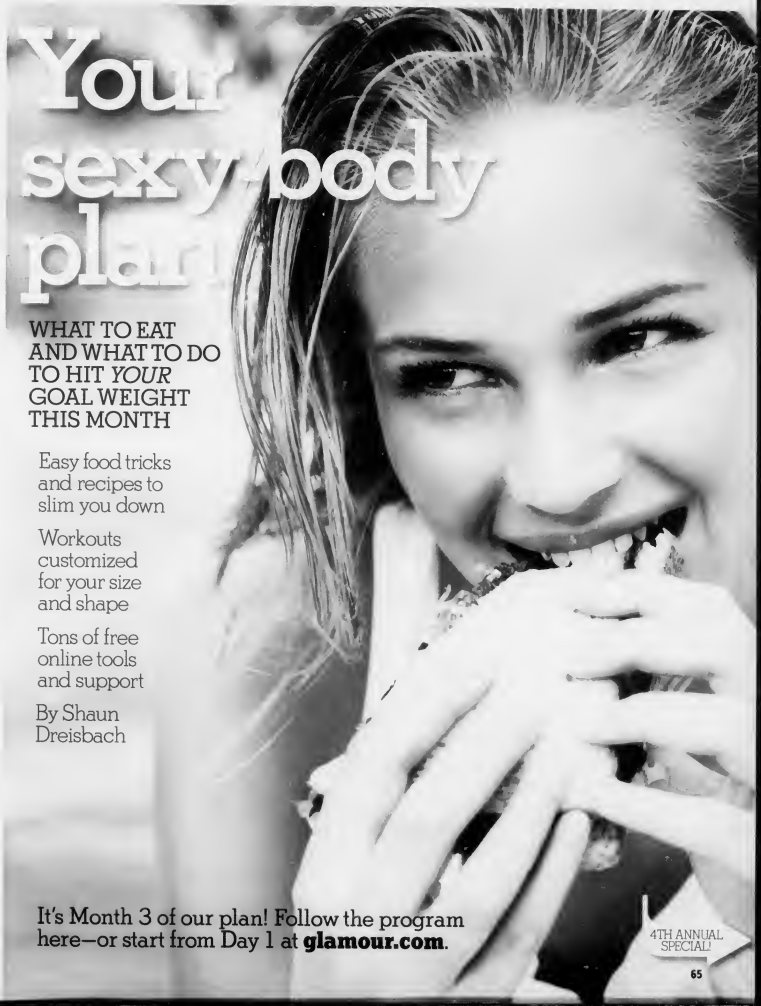

Your sexy-body plan

WHAT TO EAT AND WHAT TO DO TO HIT *YOUR* GOAL WEIGHT THIS MONTH

Easy food tricks and recipes to slim you down

Workouts customized for your size and shape

Tons of free online tools and support

By Shaun Dreisbach

It's Month 3 of our plan! Follow the program here—or start from Day 1 at glamour.com.

WALTER CHIN (HAIR: RAYMOND MCLAREN AT KRAMER. MAKEUP: PAIGE SMITHERMAN AT WALTER SCHUPFER MANAGEMENT. DUBLESS DRESS)

The plan

Get the full 12-week plan at **glamour.com.**

It's Month 3 of the Body by Glamour program. If you've been following along, you're probably looking and feeling terrific right now. And it'll get even better as you make these few final tweaks. (If you're just joining us, start from Day 1 at glamour.com/bbg.)

What it is: A sane, supereffective 12-week plan that will get you your fittest body ever.

What you'll get online: A workout customized for your shape and fitness level, food and exercise logs to track your progress, downloadable MP3 workouts, yummy recipes and tons of support.

What you won't get: A "diet" that'll leave you cranky—and hungry—or pressure to get to some ultra-skinny weight. This plan is about caring for the body you were born with.

What you could win: A trip for two to Hawaii—plus we're giving away a LeSportsac bag (perfect for workout gear) every day this month!

What to eat

Here, your last four food goals from celeb nutritionist Carrie Latt Wiatt. (Just joining us? Start the plan at glamour.com.)

MONTH 3, WEEK 1

Learn how to make a few new healthy meals

All the changes you've made up to this point have undoubtedly helped you eat healthier and slim down—and this week's goal will ensure continued success. "Learning how to cook a new dish now and then gives you the tools to keep eating right—without relying on Lean Cuisine to do it for you," says Latt Wiatt. "If you get bored with what you're eating, you'll be more likely to make less-than-healthy choices and find the weight creeping back on." Instead of having yet another veggie burger, try this chicken version from Latt Wiatt.

BBQ chicken burgers

- 2 tbsp. fat-free, reduced-sodium chicken broth
- ¾ cup diced onions
- 1 tsp. minced garlic
- 14 oz. ground chicken breast
- ½ cup barbecue sauce
- 1 tbsp. Worcestershire sauce
- 1 tsp. Dijon mustard
- 1 tsp. ground thyme
- ¾ cup whole-wheat bread crumbs
- Whole-wheat 2-oz. hamburger buns

Heat chicken broth in a small skillet over medium heat. Add onions and saute 5 to 10 minutes. Add garlic and cook 5 minutes more. Set aside and cool, then combine with the remaining ingredients in a mixing bowl. Form four patties and cook in a nonstick skillet coated with cooking spray over medium heat until burgers are no longer pink—about 5 minutes per side. Serve on a bun with fat-free condiments like mustard and ketchup. Makes four servings.

327 calories per serving

MODEL: **JASON TODD** PROP STYLIST: LINDSAY ROMEIHEL STYLIST: VERONICA CAMACHO, HAIR: STEVEN HOEPFNER, MAKEUP: BRET WEIDEL. ALL FOR ARTISTSBYTHISTYPEMAG.COM. BODY GLOVE: BRONI WATT ART: BLUEMARINE. PROP STYLIST: JENNIFER FLANNIGAN. STYLIST: BONETTE COHN. SWEET HALE TOP: BANANA REPUBLIC. NECKLACE: BANGLE: BALL: BORDINO. FOOD STYLIST: LIZA STRAUS. PHILIP SHUBIN

Get more healthy recipes at glamour.com/bbg/recipes.

IT TOOK US 6 WEEKS OF TESTING TO PROVE EXTRA® SPEARMINT LASTS LONGER THAN STRIDE® SPEARMINT.

IT PROBABLY TOOK YOU 2 SECONDS.

LASTS LONGER THAN THAT™

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WEEK 2

Drink more water!

"One of the biggest mistakes I see clients make is not drinking enough water," says Latt Wiatt. How does that affect your weight? Our bodies aren't brilliant at distinguishing thirst from hunger, which means that when you need H_2O, your body can misinterpret it and think you need food, says Latt Wiatt. What's more, being even slightly dehydrated zaps energy levels—not exactly the best motivation for the gym. Research from the Institute of Medicine shows that about nine cups of fluids—that includes water, coffee, tea, juice, anything—a day is about right for the average woman. Since juices can be high in calories, add sliced strawberry, cucumber, kiwi, oranges or a few whole cherries to water, or try a splash of pomegranate juice in iced green tea.

Get the full 12-week plan at **glamour.com**.

What about soda?

If you drink regular, consider it *dessert*; if you're a diet fan, know that some experts suspect certain artificial sweeteners may make you hungrier. It's best to stick with water or tea, advises Latt Wiatt—but if you're a hard-core soda fan, just keep it to one a day.

BILL BERNARD; FOOD STYLIST: LIZA JERNOW; PROP STYLIST: PHILIP JACKSON

Review last month's food goals at glamour.com/bbg.

Vyvanse: Consistent symptom control for ADHD.

Sarah's ADHD symptoms weren't controlled throughout her busy day. Her teachers, coaches and even her friends didn't know the Sarah I know.

Vyvanse has been shown to provide consistent ADHD symptom control from morning, through homework and family time, for up to 12 hours.

In a Vyvanse clinical study, parents reported ADHD symptom control at approximately 10:00 am, 2:00 pm and 6:00 pm, demonstrating consistent symptom control.

I wish others could see the child I see.

Vyvanse™ II
(lisdexamfetamine dimesylate) capsules

Consistently Vyvanse

Ask your child's doctor about Vyvanse.™ 1-800-432-0972, www.vyvanse.com

Important Safety Information:

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were decreased appetite, difficulty falling asleep, stomachache, and irritability.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if your child has blurred vision while taking Vyvanse.

Please see Brief Summary of Full Prescribing Information on the following page.

Shire ...your ADHD Support Company™ LDX1738 03/08 © 2008 Shire US Inc.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

IMPORTANT INFORMATION

Vyvanse® (lisdexamfetamine dimesylate) capsules

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT VYVANSE?

Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child has any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check your or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child has, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child has any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

WHAT IS VYVANSE?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD. Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child has (or has a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

WHO SHOULD NOT TAKE VYVANSE?

Vyvanse should not be taken if you or your child:

- has heart disease or hardening of the arteries
- has moderate to severe high blood pressure
- has hyperthyroidism
- has an eye problem called glaucoma
- is very anxious, tense, or agitated
- has a history of drug abuse
- is taking or has taken within the past 14 days an antidepression medicine called a monoamine oxidase inhibitor or MAOI.
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old.

Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

CAN VYVANSE BE TAKEN WITH OTHER MEDICINES?

Tell your doctor about all of the medicines that you or your child takes including prescription and nonprescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse. Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- antidepression medicines including MAOIs
- antipsychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

HOW SHOULD VYVANSE BE TAKEN?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 3 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for awhile to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

WHAT ARE POSSIBLE SIDE EFFECTS OF VYVANSE?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- decreased appetite
- dizziness
- dry mouth
- irritability
- trouble sleeping
- nausea
- vomiting
- weight loss

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

HOW SHOULD I STORE VYVANSE?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

GENERAL INFORMATION ABOUT VYVANSE

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088 or visit www.Vyvanse.com.

WHAT ARE THE INGREDIENTS IN VYVANSE?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1 and FD&C red #40.

NEED INFORMATION OR HAVE A QUESTION?

This is only a summary of important information. Ask your doctor or pharmacist for complete product information. Go to www.Vyvanse.com. Or call 1-800-828-2088.

Manufactured for: Shire US Inc., Wayne, PA 19087. Made in USA.

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Shire

This Medication Guide has been approved by the U.S. Food and Drug Administration.

02/07 LDXBS3

Vyvanse: Consistent symptom control for ADHD.

Kevin's ADHD symptoms weren't controlled throughout his busy day. His teachers, coaches and even his friends didn't know the Kevin I know.

Vyvanse has been shown to provide consistent ADHD symptom control from morning, through homework and family time, for up to 12 hours.

In a Vyvanse clinical study, parents reported ADHD symptom control at approximately 10:00 am, 2:00 pm and 6:00 pm, demonstrating consistent symptom control.

I wish others could see the child I see.

Vyvanse™ (II)
(lisdexamfetamine dimesylate) capsules

Consistently Vyvanse

Ask your child's doctor about Vyvanse. 1-800-432-0972, www.vyvanse.com

Important Safety Information:

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if your child develops symptoms that suggest heart problems, such as chest pain or fainting.

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Please see Brief Summary of Full Prescribing Information on the previous page.

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WEEK 3
Avoid hidden calorie traps

"Most women can look at a restaurant menu and weed out the obviously high-cal offerings like fries or fettuccine Alfredo," says Latt Wiatt. But there are other sneaky calorie pitfalls—like this seemingly innocent salmon dinner:

1,175 CALORIES
95 GRAMS OF FAT
Pan-fried salmon with asparagus **hollandaise** and **whipped** potatoes

SAVE 760 CALORIES!

415 CALORIES
15 GRAMS OF FAT
Grilled salmon with lemon asparagus and a **baked** potato with sour cream

The point? Be a smart menu reader!

Beware:	Order:
•Crispy (it usually means fried)	•Roasted
•Pan-fried or sauteed (often done in butter or oil)	•Grilled
	•Broiled
	•Seared
•Creamy or whipped	•Steamed
•"Aise" sauces such as fatty hollandaise	•Poached
	•Baked
•Beurre blanc (butter sauce)	•Marinara (or other red sauces, such as puttanesca)
•Anything stuffed, loaded or smothered (that equals big and cheesy)	•Sauce or dressing on the side
	•Chain restaurants' "lighter" options

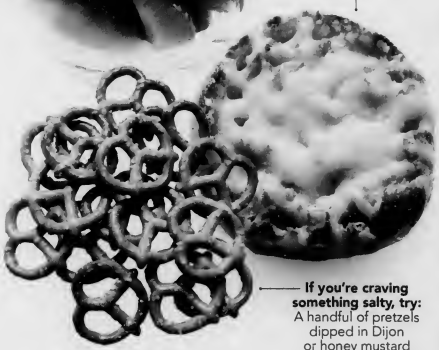
WEEK 4
Satisfy cravings—the right way

Every one of us has a healthy-eating misstep now and then. But no matter how big the binge, there's no need to get mired in guilt—just get back on track and take a little action to prevent future slips, says Latt Wiatt. "My eat-right mantra is: Your next meal is more important than your last one," she says. "The truth is, one 'bad' meal will not ruin your fitness goals. But if you think, Aw, to hell with it! and eat like mad for the rest of the day, well, that *can* make a big difference." Here, how to satisfy your yen for yummy so you don't feel deprived (and then end up buried in a bowl of Phish Food).

Healthy, weight-friendly ways to eat what you want:

If you're craving sweets, try:
1 cup of berries with 1 tbsp. whipped topping (100 calories)

If you're craving something cheesy, try:
A snack-size grilled cheese: Melt a 1-oz. slice of cheese on half an English muffin (180 calories)



If you're craving something salty, try:
A handful of pretzels dipped in Dijon or honey mustard (about 80 calories)

BILL BERNARD; FOOD STYLIST: LISA JENSON; VICTORIA GRANOF FOR ART DEPARTMENT (FOR ENGLISH MUFFIN); PROP STYLIST: PHILIP SHUBIN

Get free online food logs at glamour.com/bbg.

campaign for real beauty | at dove.com

3X shinier*

Will your hair pass the morning Shine-Test?

Now it will, with new Dove® Shine Therapy System with repairing serum. It actively repairs the hair's surface strand by strand to make it visibly reflect the light. Because only repaired hair can be beautifully shiny every morning. Just try it yourself.

NEW

Goodbye damage.
Good morning beautiful hair.

*Up to 3x. Vs. non-conditioning shampoo after 5 uses.

Repair of damage refers to the symptoms of damaged hair

MONTH 3

What to do

This strength and cardio plan, designed for Glamour by Hollywood trainer Teddy Bass, will help you reach your goal.

Get the full 12-week plan at **glamour.com.**

YOUR STRENGTH PLAN

Do the moves on these pages three times a week, circuit-style—go through the routine once, then go back to the beginning and do it again. You'll need a pair of five- to eight-pound dumbbells and a towel or hardcover book.

DON'T FORGET YOUR CARDIO!

If you've been following along since the beginning of the plan, do 40 minutes of heart-pumping cardio exercise five days a week. If you're just getting started, use the less intense Month 1 cardio guidelines at glamour.com/bbg.

What to expect this month

Welcome to the last four weeks of Body by Glamour! Here, celeb trainer Teddy Bass tells you how to keep going and make your hard-earned results last.

●●**It's pat-on-the-back time!** Even if you haven't reached your end goal, congratulate yourself for getting this far! Make a list of all the changes you've made—shrinking your waist, going from five-pound weights to eight-pounders, building discipline. It's OK to brag a little! Recognizing your accomplishments motivates you to keep going.●●

●●**Say hello to the new you.** Once Week 12 is up, it's *not* back to the couch with you! You've now made exercise part of your lifestyle. The good news is that body maintenance is much easier than weight loss or building muscle tone—so you won't have to work as hard to stay where you are. Start the plan over from Month 1, try other workouts—whatever you do, just keep on going. You earned your new body. I want you to keep it.●●

1 **CURTSY**
(Works your legs, hips, butt and back)
Stand with feet more than shoulder-width apart and slightly turned out, hands on hips. Straighten left leg out to left side, take a big step backward with left foot so it crosses behind right leg. Place toe on the floor behind you and bend right knee, as shown. Pause, then stand back up and return to start. Do 12 reps, then switch legs.

2 **BRIDGE WITH ROLL-UP**
(Works your butt and abs.)
Lie on your back, knees bent, feet on floor, heels close to butt, arms by sides. Slowly lift hips off the floor as high as you can, as shown; pause, then lower. Do 30 times, then reach forward, grab the backs of your thighs, and use your abs to slowly roll up one vertebra at a time to a seated position. Pause, then slowly roll back down. Do 15 times.

3 **SHOULDER SWEEPS**
(Works your back and shoulders)
Stand with feet together, arms straight down in front of thighs, a weight in each hand, palms facing forward. Elbows slightly bent, lift weights out to sides and up over-head as shown in a large sweeping motion. Reverse to lower. Do 15 reps.

4 **SINGLE-LEG FLY WITH KNEE LIFT**
(Works your calves, thighs, abs and back)
Stand with feet together, a weight in each hand. Keeping back flat, lean forward, lift left leg behind you and extend arms toward floor, palms facing in, as shown. Slowly raise weights out to sides to shoulder height; stand back up. Lower arms as you bring left knee up in front of you; pause, then lower. Do 10 reps, then switch legs.

Download free MP3 workouts at **glamour.com/bbg.**

JASON TODD; PROP STYLIST: LINDSAY HOOPENGA; STYLIST: VERONICA CAMACHO; HAIR: STEVEN HOOPPIER; MAKEUP: BRET MIEDEL. ALL FOR ARTISTSTWENTYTHIRD.COM. TOP RIGHT, BRINKS, FROM LEFT: BODY GLOVE (2); ISLAND COMPANY ON WORKOUT MODEL; ADIDAS BY STELLA MCCARTNEY TOP AND SHORTS; ADIDAS SNEAKERS

Take a look at LYBREL®

Birth control with no regular monthly periods.

What is LYBREL?

LYBREL is the first and only FDA-approved low dose combination birth control pill that you take every day, 365 days a year without placebos. This means it's possible to go without your monthly period while taking LYBREL. While women stop having their regular monthly periods, most women initially experience breakthrough bleeding and spotting. This usually lessens over time. For some, this may continue, but regardless of any unexpected bleeding, LYBREL remains highly effective birth control.

Is it OK to not have my period?

Many health care professionals agree that there is no need to have a period while taking the Pill. Just ask yours.

How do I learn more about LYBREL?

Ask your health care professional. You can also visit www.lybrel.com or call 1-877-LYBREL-0.

IMPORTANT SAFETY INFORMATION

The Pill does not protect against HIV or other sexually transmitted diseases.

Some women should not use the Pill, including women who have blood clots; breast, uterine, or liver cancers; a history of heart attack, stroke, or breast cancer; and those who are or may be pregnant. Serious risks associated with the Pill which can be life threatening, include blood clots, stroke, and heart attacks.

Cigarette smoking increases the risk of serious adverse effects on the heart and blood vessels from oral contraceptive use, especially if you are over 35. Women who use the Pill are strongly advised not to smoke.

LYBREL provides more hormonal exposure per year than conventional cyclic oral contraceptives containing the same or similar strength of the hormones estrogen and progestin.

Because regular monthly bleeding does not occur on LYBREL, it may be difficult to recognize if you get pregnant. If you suspect pregnancy, or if you have symptoms such as nausea/vomiting or unusual breast tenderness, you should take a pregnancy test and contact your health care professional.

The most common side effects reported with LYBREL in a clinical trial were headaches, menstrual cramps, upper respiratory infection, vaginal bleeding, and nausea.

Lybrel®

(90 mcg levonorgestrel/20 mcg ethinyl estradiol)
TABLETS

learn more at www.lybrel.com

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Please see Brief Summary of Patient Information on the adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

LYBREL™ (90 mcg levonorgestrel and 20 mcg ethinyl estradiol) Tablets
Rx only

For full Prescribing Information and Detailed Patient Labeling, please visit www.lybrel.com.

Brief Summary Patient Package Insert

This product (like all oral contraceptives) is intended to prevent pregnancy. Oral contraceptives do not protect against transmission of HIV (AIDS) and other sexually transmitted diseases (STDs) such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis.

Oral contraceptives, also known as "birth-control pills" or "the pill," are taken to prevent pregnancy, and when taken correctly, have a failure rate of approximately 1-2% per year (1 to 2 pregnancies per 100 women per year of use) when used without missing any pills. The average failure rate of large numbers of pill users is approximately 5% per year (5 pregnancies per 100 women per year of use) when women who miss pills are included. However, forgetting to take pills considerably increases the chances of pregnancy. Lybrel is a birth-control pill that is taken every day. When you take Lybrel, the lining of your uterus does not undergo the changes needed for menstruation, and therefore you do not have regular menstrual periods. You are likely to have unscheduled or unplanned bleeding or spotting when you start to use Lybrel. The number of days each month with unscheduled bleeding and spotting usually decreases over time for the majority of women. When using Lybrel, the convenience of having no regular menstrual periods should be weighed against the inconvenience of unscheduled or unplanned breakthrough bleeding and spotting.

For the majority of women, oral contraceptives can be taken safely. However, there are some women who are at high risk of developing certain serious diseases that can be life-threatening or may cause temporary or permanent disability or death. The risks associated with taking oral contraceptives increase significantly if you:

- smoke
- have high blood pressure, diabetes, high cholesterol, or a tendency to form blood clots, or are obese
- have or have had clotting disorders, heart attack, stroke, angina pectoris, cancer of the breast or sex organs, jaundice, malignant or benign liver tumors, or major surgery with prolonged immobilization
- have headaches with neurological symptoms

You should not take the pill if you suspect you are pregnant or have unexplained vaginal bleeding.

Although cardiovascular disease risks may be increased with oral contraceptive use in healthy, non-smoking women over 40 (even with the newer low-dose formulations), there are also greater potential health risks associated with pregnancy in older women.

Cigarette smoking increases the risk of serious adverse effects on the heart and blood vessels from oral contraceptive use. This risk increases with age and with the amount of smoking (15 or more cigarettes per day has been associated with a significantly increased risk) and is quite marked in women over 35 years of age. Women who use oral contraceptives should not smoke.

Most side effects of the pill are not serious. The most common such effects are nausea, vomiting, unscheduled bleeding, weight gain, breast tenderness, and difficulty wearing contact lenses. These side effects, especially nausea and vomiting, may subside within the first three months of use.

The serious side effects of the pill occur very infrequently, especially if you are in good health and do not smoke. However, you should know that the following medical conditions have been associated with or made worse by the pill:

1. Blood clots in the legs (thrombophlebitis), lungs (pulmonary embolism), stoppage or rupture of a blood vessel in the brain (stroke), blockage of blood vessels in the heart (heart attack and angina pectoris) or other organs of the body. As mentioned above, smoking increases the risk of heart attacks and strokes and subsequent serious medical consequences. Women with migraine also may be at increased risk of stroke with pill use.
2. Liver tumors, which may rupture and cause severe bleeding. A possible, but not definite, association has been found with the pill and liver cancer. However, liver cancers are extremely rare. The chance of developing liver cancer from using the pill is thus even rarer.
3. High blood pressure, although blood pressure usually returns to normal when the pill is stopped.

The symptoms associated with these serious side effects are discussed in the detailed leaflet given to you with your supply of pills. Notify your health care provider if you notice any unusual physical disturbances while taking the pill. In addition, drugs such as rifampin, as well as some anticonvulsants and some antibiotics, herbal preparations containing St. John's Wort (Hypericum perforatum), and HIV/AIDS drugs may decrease oral contraceptive effectiveness.

Various studies give conflicting reports on the relationship between breast cancer and oral contraceptive use.

Oral contraceptive use may slightly increase your chance of having breast cancer diagnosed, particularly if you started using hormonal contraceptives at a younger age.

After you stop using hormonal contraceptives, the chances of having breast cancer diagnosed begin to go down, and disappear 10 years after stopping use of the pill. It is not known whether this slightly increased risk of having breast cancer diagnosed is caused by the pill. It may be that women taking the pill were examined more often, so that breast cancer was more likely to be detected. You should have regular breast examinations by a health care professional and examine your own breasts monthly. Tell your health care professional if you have a family history of breast cancer or if you have had breast nodules or an abnormal mammogram. Women who currently have or have had breast cancer should not use oral contraceptives because breast cancer is usually a hormone-sensitive tumor.

Some studies have found an increase in the incidence of cancer of the cervix in women who use oral contraceptives. However, this finding may be related to factors other than the use of oral contraceptives.

Taking the pill provides some important noncontraceptive benefits. These include less painful menstruation, fewer pelvic infections, and fewer cancers of the ovary and the lining of the uterus.

Be sure to discuss any medical condition you may have with your health care provider. Your health care provider will take a medical and family history before prescribing oral contraceptives and will examine you. The physical examination may be delayed to another time if you request it, and the health care provider believes that it is appropriate to postpone it. You should be reexamined at least once a year while taking oral contraceptives. The detailed patient information leaflet gives you further information which you should read and discuss with your health care provider.

What You Should Know About Your Menstrual Cycle When You Use Lybrel

You are likely to have unscheduled or unplanned bleeding or spotting when you start to use Lybrel. The number of days each month with bleeding or spotting usually decreases over time in the majority of women. In a study of Lybrel, about 5 out of 10 women had 7 or more days of bleeding or spotting while using their third 28-day pill pack of Lybrel. The number of women with 7 or more days of bleeding or spotting decreased to 3 out of 10 women during the use of their seventh pill pack. Among women who continued to use Lybrel for one year, about 6 out of 10 women had no bleeding or spotting during their last month of use. Do not stop taking Lybrel because of bleeding or spotting as this will increase your chance of getting pregnant. If the spotting or bleeding continues for more than 7 consecutive days or if the bleeding is heavy, call your health care provider.

Can I Get Pregnant While Taking Lybrel?

You are not likely to get pregnant if you take Lybrel at the same time everyday as directed by your health care provider. Because regular monthly bleeding does not occur on Lybrel, it may be difficult to recognize if you get pregnant. If you suspect that you may be pregnant, or if you have symptoms of pregnancy such as nausea/vomiting or unusual breast tenderness, you should have a pregnancy test and you should contact your health care professional. Stop taking Lybrel if you are pregnant.

PREGNANCY AFTER STOPPING THE PILL

If you do not desire pregnancy, you should use another method of birth-control immediately after stopping Lybrel. You can get pregnant within days after stopping Lybrel.

For information on HOW TO TAKE Lybrel, including Important Points to Remember and WHAT TO DO IF YOU MISS PILLS, please see the Detailed Patient Labeling for Lybrel.

This product's label may have been updated. For current package insert and further product information, please visit www.wyeth.com or call our medical communications department toll-free at 1-800-934-5556.

Wyeth Pharmaceuticals Inc.
Philadelphia, PA 19101

This Brief Summary is based on LYBREL (90 mcg levonorgestrel and 20 mcg ethinyl estradiol) Tablets Prescribing Information.

W10523P004
ET02
Revised 01/08
227422-01

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5

PLANK WITH HIP LIFT
(Works your thighs, butt, back, abs, arms, chest and shoulders)
From a raised push-up position, rest forearms on floor and pull belly button toward spine, keeping body in line from shoulders to heels. Hold this plank position for five counts. Then slowly lift hips up so your body forms an upside-down V, as shown. Hold for two counts, then return to plank position. That's one rep. Do 10 reps.

6

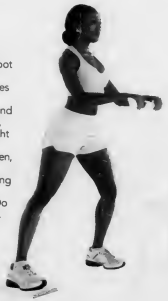
WIDE PLIÉ
(Works your legs, hips, butt, arms and shoulders)
Stand with feet more than shoulder-width apart and slightly turned out; raise arms out to shoulder height, palms facing forward. Bend knees and squat, as shown; pause, then return to start. Do 25 reps. On the last rep, hold the plié, lift heels off floor and do 20 small pulses up and down.

7

FORWARD LUNGE WITH BICEPS CURL
(Works your legs, butt, abs, back and arms)
Stand with feet hip-width apart, a weight in each hand. Step forward with right foot, bend knees and touch floor, as shown. Stand up and return to start; curl weights to shoulders. Do 12 reps, then switch legs.

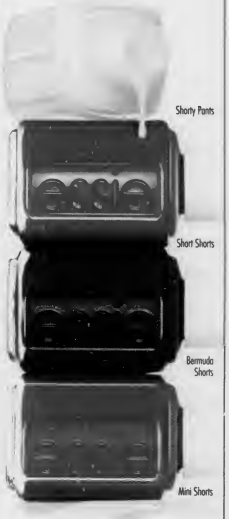
8

INNER AND OUTER THIGH SLIDE
(Works your thighs)
Stand with feet hip-width apart, a book under right foot (or a folded towel if you're on hard flooring). Bend knees slightly. Holding back of chair, straighten right leg and slide it out to side as shown, keeping hips still and weight on left leg. Pause; slide back to start. Do 20 reps. Then, start with legs straight and slide right foot to side, shifting weight to right leg as you do so. Slide back to start. Do 15 reps. Switch legs; repeat.



JASON TODD

"Never be afraid of color."
Essie



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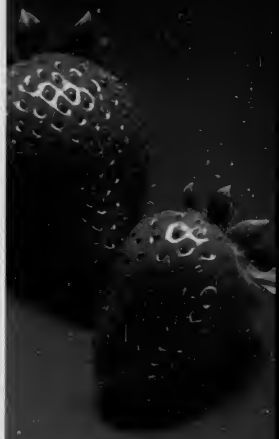
MODEL: JASON TODD PROP STYLIST: LINDSAY ROEMER. STYLIST: VERONICA CAMACHO. HAIR: STEVEN HOEPPNER. MAKEUP: BRET HEDGE. ALL FOR ARTISTSBYTHEHOFFMANGROUP.COM GAP SWIM BAG: JEFF HARRIS HAWAIIAN RESORT COURTESY OF JW MARRIOTT IHILANI RESORT & SPA



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Post Shredded Wheat

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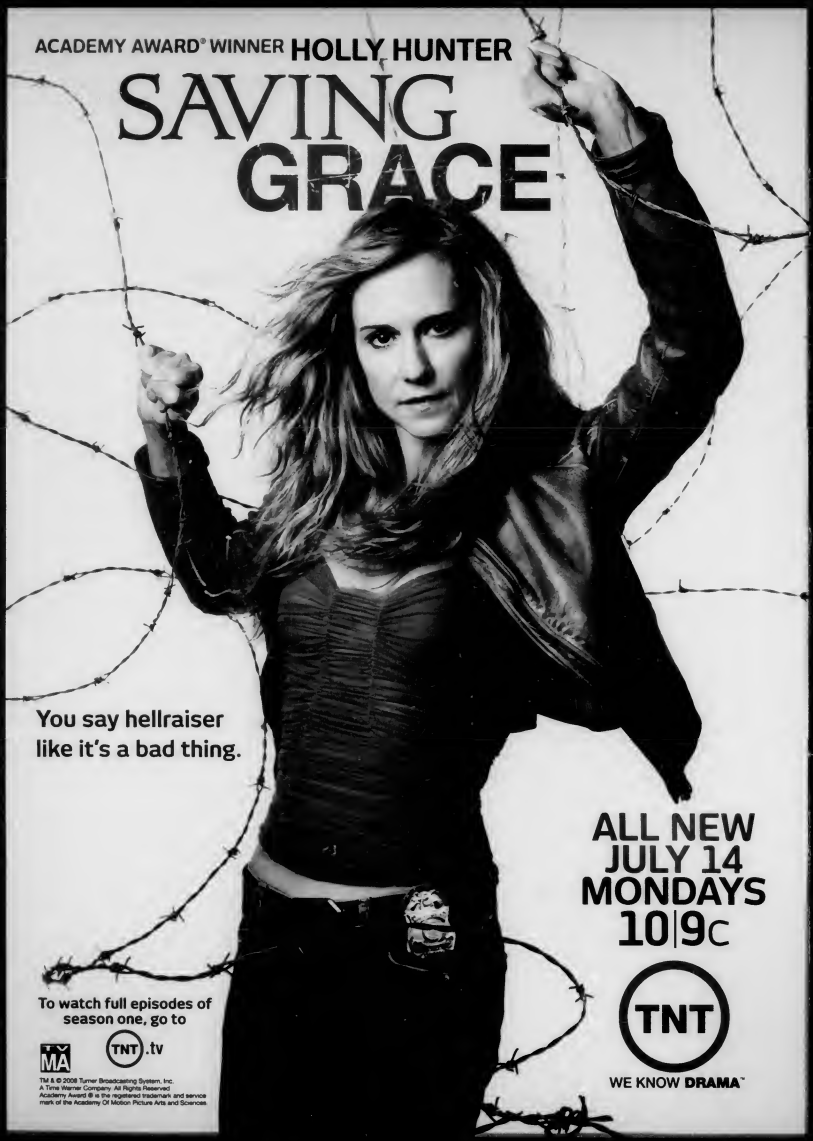
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"My steamiest summer love moment"

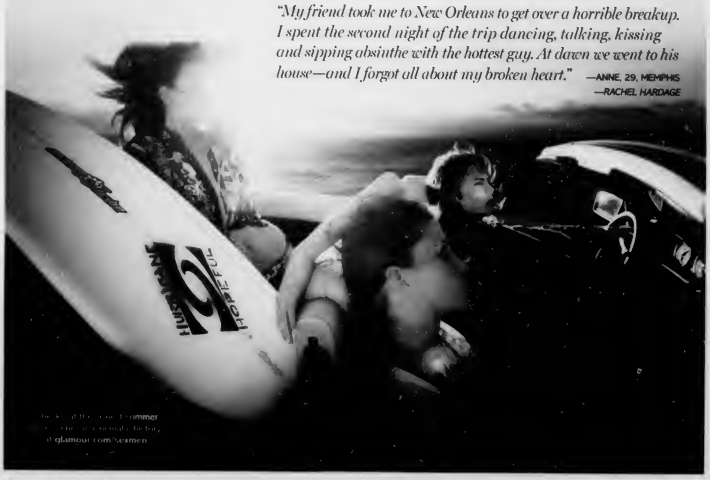
Maybe the heat got to them, but these women weren't afraid to catch some Rays (and Troys and Joes...).

"During the Northeast blackout of 2003, my roommates and I cleaned out the fridge and had a picnic for stranded commuters. One very sexy guy found a place to spend the night—in bed with me. I didn't even notice when the lights finally came back on!"
—JILL,* 28, NEW YORK CITY

"My husband and I snuck into the darkroom at our photography class. Maybe it was the idea of getting caught by one of our 23 classmates, but I could barely contain my screaming." —KATHY, 26, MODESTO, CALIF.

"On our way to my cousin's wedding, my boyfriend and I parked the car and had amazing sex beside a creek. Fortunately there were no hikers. Unfortunately my dress was strapless, and I couldn't explain the scratches from fallen branches to my parents."
—ELIZABETH, 29, KNOXVILLE, TENN.

"My friend took me to New Orleans to get over a horrible breakup. I spent the second night of the trip dancing, talking, kissing and sipping absinthe with the hottest guy. At dawn we went to his house—and I forgot all about my broken heart." —ANNE, 29, MEMPHIS



—RACHEL HARDAGE

PHIL POWERS/ART DEPARTMENT/TRUMANDAVE.COM

*Names have been changed.

Guys: What's your most surprising turn-on?

"I know it sounds weird, but if she loves watching *Family Guy*, I'm ready to go 24/7." —RYAN MCCORMICK, 30

"Eye contact. It shows me there's a connection, and that she's confident—that's sexy." —CARLOS ALAYON, 22

"I love yoga stretch pants on my fiancée. There should be a day dedicated to how fantastic they are for the female form." —BRYAN ROBINSON, 29

"Cute feet! Not too big, not too little. I look at them first when I meet a woman." —JUWAN MASS, 22

"The whole librarian thing—drab clothes, mousy hair and glasses—that hides a hot person underneath." —ANDREW SYLVESTER, 31

"Silver hoop earrings. I'm from Boston, and the hot girls there always wear them. They're just synonymous with sexy." —MATTY HUNDO, 30

"Whenever I'm talking to a woman and she licks her lips. It doesn't have to necessarily be in a sexual way—there's just something about that little move that instantly gets me in the mood." —SAL LOBUE, 30

TOP: CHRIS SANDERS/IMAGE CASEY+ASSOCIATES. ALAYON AND LOBUE: JASON WHITTLE. MASS: DAN WALLMAN

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*SHOWER WHEN USED AS DIRECTED

7 lies every guy tells

Total B.S. you'll hear from Jake and other usually honest men

Sure, truthfulness is crucial to a successful relationship, but there isn't a man alive who hasn't tweaked a fact or two to make his romantic life a little easier. I don't think it's devious behavior—in many cases the following lies are meant to make *you* happy—but I'll let you be the judge.

1 "Your best friend rocks!" My last girlfriend thought her best friend was "awesome" (and the friend agreed). I guess I just have a different definition of awesome. To my ex, it was the fact that the friend was comfortable going to a bar in sweatpants. To me, awesome would be a friend who is comfortable going to a bar in no pants. Alas, I knew my girlfriend loved—and listened to—her zany crony, so I played along.

2 "I'm sorry." When a guy says this, there's a good chance that he's more confused than contrite. "I've apologized to tons of women, and not once was I perfectly clear on what I'd done wrong," says my cousin Steve. "I was, however, totally clear on the fact that I was expected to apologize." Next time this happens to you, ask your guy what he's sorry *for*. If the answer is vague (e.g., "for all the things that made you mad"), he hasn't a clue what he did.

3 "Mark needs to talk." In our 15 years as friends, Mark has never needed to talk. So when I tell a woman I have to go out to have a heart-to-heart with him, what we're really doing is drinking beer and watching sports. On rare occasions when Mark actually does have something to discuss, such conversations never last more than four minutes and usually end with: "Don't stress about it. Let's get a beer and watch the game."

4 "I'm headed into a tunnel—gonna lose you." I say this to get off cell phone calls at the beginning of a relationship. But I am not driving in my car; I am sitting in my apartment. It doesn't mean I'm bored with the conversation—in fact, it usually means I'm pleased with my performance thus far, and once I've strung together a few good jokes, I just want to end on a high note.

5 "I love your dog/cat." "When my fiancée gets home, I get a nonchalant 'Hey' but her cat gets a parade," says my friend Chris. "Hugs, kisses. She asks if it's hungry—as if it can answer! What about me? I wouldn't mind a snack!" Bottom line: We can't stand the competition, but we have to play along if we want to get a little affection of our own.

6 "The sex is great, but let's take a quick break." Ever have a session interrupted because he suddenly needs to go to the bathroom or "has something on his mind"? In truth, he may have just *finished* having sex. Since we don't want to admit that we didn't last as long as we (and presumably you) would like, we'll pretend something urgent distracted us. Please don't dig for the truth.

7 "I'm just kidding." Perhaps man's most employed tactic for getting out of a jam. We said something that held truth—about your family, your friend, you—and you got upset. Now we're doing damage control and trying to pass the whole thing off as a joke. It wasn't. When my friend Joe (*stupidly*) told his girlfriend that if he weren't with her, he'd want to date her sister, she flipped out. His response: Whoa, hold on! Totally kidding!

So now you'll know his B.S. when you hear it. Thanks for reading—I gotta go. Mark needs to talk. ©

Jake is a real, live single guy—meet him online and share your comments at ***glamour.com/jake****.*

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Sometimes things don't go exactly as planned. You should know there's a backup plan. **What it is.** Plan B® is emergency contraception. It helps prevent pregnancy after birth control failure or unprotected sex. **What it isn't.** Plan B® is not regular birth control and should not be used that way. It simply isn't as effective. Also, Plan B® is not the abortion pill. **Where you get it.** If you're 18 or over, you don't need a prescription. Go directly to the pharmacy. If you're under 18, you'll need to see a healthcare professional. **When you take it.** You have a 72-hour window to prevent pregnancy. The sooner you take Plan B®, the more effective it is. When taken as directed, Plan B® reduces the chance of pregnancy by up to 89%. Take the first pill as soon as possible after unprotected sex, and the second pill 12 hours later. Learn more at 1-800-330-1271 or **go2planb.com.**

What you should know about Plan B®. Plan B® does not protect against HIV and other sexually transmitted diseases (STDs). Plan B® isn't effective if you're already pregnant, and it won't terminate an existing pregnancy. Side effects may include nausea, abdominal pain, fatigue, headache, changes in your period, dizziness, and breast tenderness. If your period is more than a week late, you may be pregnant. If you have severe abdominal pain, you may have an ectopic pregnancy, and should get immediate medical help. Please see important product information on adjacent page. You are encouraged to report negative side effects of prescription drugs to the FDA at fda.gov/medwatch or call 1-800-FDA-1088.

Because the unexpected happens

Plan B® (Levonorgestrel) Tablets, 0.75 mg

Brief Summary (See Package Brochure For Full Prescribing Information)

Rx only for women age 17 and younger

For women age 17 and younger, Plan B® is a prescription-only emergency contraceptive. Plan B® is intended to prevent pregnancy after known or suspected contraceptive failure or unprotected intercourse. Emergency contraceptive pills (like all oral contraceptives) do not protect against infection with HIV (the virus that causes AIDS) and other sexually transmitted diseases.

CONTRAINDICATIONS

Progestin-only contraceptive pills (POPs) are used as a routine method of birth control over longer periods of time, and are contraindicated in some conditions. It is not known whether these same conditions apply to the Plan B® regimen consisting of the emergency use of two progestin pills. POPs however, are not recommended for use in the following conditions:

- Known or suspected pregnancy
- Hypersensitivity to any component of the product

WARNINGS

Plan B® is not recommended for routine use as a contraceptive.

Plan B® is not effective in terminating an existing pregnancy.

Effects on Menses

Menstrual bleeding patterns are often irregular among women using progestin-only oral contraceptives and in clinical studies of levonorgestrel for postcoital and emergency contraceptive use. Some women may experience spotting a few days after taking Plan B®. At the time of expected menses, approximately 75% of women using Plan B® had vaginal bleeding similar to their normal menses, 12-13% bled more than usual, and 12% bled less than usual. The majority of women (87%) had their next menstrual period at the expected time or within ± 7 days, while 13% had a delay of more than 7 days beyond the anticipated onset of menses. If there is a delay in the onset of menses beyond 1 week, the possibility of pregnancy should be considered.

Ectopic Pregnancy

Ectopic pregnancies account for approximately 2% of reported pregnancies (19.7 per 1,000 reported pregnancies). Up to 10% of pregnancies reported in clinical studies of routine use of progestin-only contraceptives are ectopic. A history of ectopic pregnancy need not be considered a contraindication to use of this emergency contraceptive method. Health providers, however, should be alert to the possibility of an ectopic pregnancy in women who become pregnant or complain of lower abdominal pain after taking Plan B®.

PRECAUTIONS

Pregnancy

Many studies have found no effects on fetal development associated with long-term use of contraceptive doses of oral progestins (POPs). The few studies of infant growth and development that have been conducted with POPs have not demonstrated significant adverse effects.

STD/HIV

Plan B®, like progestin-only contraceptives, does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

Physical Examination and Follow-up

A physical examination is not required prior to prescribing Plan B®. A follow-up physical or pelvic examination, however, is recommended if there is any doubt concerning the general health or pregnancy status of any woman after taking Plan B®.

Carbohydrate Metabolism

The effects of Plan B® on carbohydrate metabolism are unknown. Some users of progestin-only oral contraceptives (POPs) may experience slight deterioration in glucose tolerance, with increases in plasma insulin; however, women with diabetes mellitus who use POPs do not generally experience changes in their insulin requirements. Nonetheless, diabetic women should be monitored while taking Plan B®.

Drug Interactions

Theoretically, the effectiveness of low-dose progestin-only pills is reduced by hepatic enzyme-inducing drugs such as the anticonvulsants phenytoin, carbamazepine, and barbiturates, and the antituberculosis drug rifampin. No significant interaction has been found with broad-spectrum antibiotics. It is not known whether the efficacy of Plan B® would be affected by these or any other medications.

Nursing Mothers

Small amounts of progestin pass into the breast milk in women taking progestin-only pills for long-term contraception resulting in steroid levels in infant plasma of 1-6% of the levels of maternal plasma. However, no adverse effects due to progestin-only pills have been found on breast-feeding performance, either in the quality or quantity of the milk, or on the health, growth or development of the infant.

Pediatric Use

Safety and efficacy of progestin-only pills have been established in women of reproductive age for long-term contraception. Safety and efficacy are expected to be the same for postpubertal adolescents under the age of 16 and for users 16 years and older. Use of Plan B® emergency contraception before menarche is not indicated.

Fertility Following Discontinuation

The limited available data indicate a rapid return of normal ovulation and fertility following discontinuation of progestin-only pills for emergency contraception and long-term contraception.

ADVERSE REACTIONS

The most common adverse events in the clinical trial for women receiving Plan B® included nausea (23%), abdominal pain (18%), fatigue (17%), headache (17%), and menstrual changes. The table below shows those adverse events that occurred in ≥ 5% of Plan B® users.

Table 3: Adverse Events in ≥ 5% of Women, by % Frequency

Most Common Adverse Events	Plan B® Levonorgestrel N=977 (%)
Nausea	23.1
Abdominal Pain	17.6
Fatigue	16.9
Headache	16.8
Heavier Menstrual Bleeding	13.8
Lighter Menstrual Bleeding	12.5
Dizziness	11.2
Breast Tenderness	10.7
Other complaints	9.7
Vomiting	5.6
Diarrhea	5.0

Plan B® demonstrated a superior safety profile over the Yuzpe regimen for the following adverse events:

- Nausea: Occurred in 23% of women taking Plan B® (compared to 50% with Yuzpe)
- Vomiting: Occurred in 6% of women taking Plan B® (compared to 19% with Yuzpe)

DRUG ABUSE AND DEPENDENCE

There is no information about dependence associated with the use of Plan B®.

OVERDOSAGE

There are no data on overdosage of Plan B®, although the common adverse event of nausea and its associated vomiting may be anticipated.

Mfg. by Gedeon Richter, Ltd., Budapest, Hungary
for Duramed Pharmaceuticals, Inc.
Subsidiary of Barr Pharmaceuticals, Inc.
Pomona, New York 10970
Phone: 1-800-330-1271
Website: www.go2planb.com

Revised AUGUST 2006
BR-0038/11001136

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Pomona, New York 10970

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"My wife is a sex expert."

You'd think any guy would love being married to a sex genius. It does have its pleasures, says Rob Tourtelot—but hoo-ey, the pressure!

Just your average couple: Rob, 37, and Emma, 35, at home

PRESTON SCHLEBAUCH. STYLIST: SARA BECTRAN. HAIR AND MAKEUP: MICHELLE COURSEY FOR ARTISTSBYTIMOTHYPRANO.COM

What on earth is this thing?" my mother-in-law asked. She had volunteered to help us with a basement cleanup, and was holding a large, rubber, saddle-shaped contraption with a hole in the center.

I knew full well it was a Bodybouncer, which, according to the website, takes "the gravity out of sex, for an experience that's pure pleasure." In a panic, I told her it was "probably medical equipment left by the last tenants."

"Well," she said, moving it to the throwaway pile, "it certainly isn't like any medical equipment I've ever seen."

It was a familiar scene. Just a week earlier, a female coworker of mine had stopped by our house, and as we stood chatting, she and I simultaneously noticed the large pink box sitting just inside the front door. A bubbly 1970s font spelled out "L-O-V-E S-W-I-N-G," and a picture showed a mustachioed man enjoying a ride with a woman of the exotic-dancer variety. I mumbled excuses, but she just shook her head and said, "I really don't want to know."

These are the things that happen when you're married to a woman who writes about sex for a living. My wife is Emma Taylor, of the Em & Lo duo that has published six books with titles like *The Big Bang: Nerve's Guide to the New Sexual Universe* and dishes explicit advice on dailybedpost.com. While countless couples have thanked Em & Lo for saving their relationships, there have been times when Emma's job nearly destroyed ours. Luckily I'm smart enough to know that a gorgeous, brilliant and wickedly funny woman only comes along once in a man's life, so I've learned to be the sounding board/guinea pig/pet subject of my very twenty-first century wife. Here's what I've dealt with:

> "How could I satisfy someone who cowrote this generation's raunchier version of The Joy of Sex?"

EXTREME SEXUAL JITTERS

There's no way around it: Dating a sexpert makes a guy feel pressure to impress. Running through my mind before our first time, five years ago, was the following: How can I satisfy someone who cowrote a book *Time* magazine called "this generation's smarter, funnier and raunchier version of *The Joy of Sex*"?

Turns out Emma was too worried about my expectations to focus on hers. During one early hookup, she suddenly pushed me away, say-

ing, "Promise you won't read our books yet. I couldn't handle the pressure."

I found this to be a massive relief. And when it came down to it, ours was like the sex at the beginning of any relationship: The excitement came from our chemistry, not from crazy, experimental acts. Being able to laugh about the fact that we both felt like nervous teenagers only made it that much better.

A BAD CASE OF JEALOUSY

Things continued to go well until one night when Emma mentioned that back in her single days, she had written some very personal essays. And they were available to a rather large readership—the Internet. "I thought you should know so that they didn't sit out there like land mines," she said.

"Bits of our current sex life started making their way into Emma's writing," admits Rob. Above, Emma types out God-knows-what.

I loved what Emma did for a living and thought her advice was wise and funny, so the next morning I clicked on the links and started reading: There was a threesome. There was some unprotected sex and a booty call with an ex. This all should have been fine with me: My past sexual experiences weren't so different from Emma's. We'd both had our single fun and had now found the person we wanted to be monogamous with. We were STD-free, in love and happy. Nonetheless, each intimate detail I read felt like a kick in my jealous gut.

When I came clean about my feelings, Emma seemed annoyed. "All of that was so long ago," she said.

This was true, but unsatisfying. I reminded her that she'd demanded I get rid of nude pictures I had of an ex.

"That's different!" she said. "The essays are my work!"

In a fit of frustration, I snapped, "Well, OK, what if I told you that one time…" followed by a name, a place and a position. Emma burst into tears, and I felt terrible.

I loved my girlfriend, but her job was bringing out the worst in me. After a month of intermittent fighting, she had a solution: Whenever I thought of her with someone else, I should immediately remember (but not share) an incident from my sex life, the more detailed the better. This would distract me from my jealousy and remind me of how meaningless past exploits really are. Her simple tactic worked. Aside from the rare twinge, I'm a cured man.

MY INTIMATE DETAILS, MADE PUBLIC

With the past now behind us, bits of our current sex life started making their way into Emma's writing. A few I didn't mind (like that she'd had her first non-solo orgasm with me—apparently all those previous exploits hadn't been very satisfying). But others were problematic. Did the world need to know she'd given me an unsolicited OK to get a massage with a happy ending? I never got one, but that didn't ease my embarrassment when a colleague asked in a roomful of clients: "By the way, how was that hand job?"

I mean, yes, we've tried plenty of things, and I'm not complaining. But there's also a slew of fetishes and gizmos that neither of us has any personal interest in, even if we have to field-test them for "work." As a result, the corner of the basement that my mother-in-law wandered into serves as a burial ground for gently or never-used "adult" items. The Bodybouncer? We couldn't stop laughing long enough to figure it out. The love swing? It would have meant drilling screws into the ceiling. I'm far too lazy.

If anyone can relate, it's my friend Joey. He's married to Emma's writing partner, Lorelei Sharkey. Joey and I often joke that like all people who dispense advice, our wives at times practice the exact opposite of what they preach.

Case in point: A month ago Emma was typing a chapter for a new book and showed me a suggestion that a woman surprise her man as he walks in the door, having her way with him before he can drop his keys onto the counter.

"What do you think?" Emma asked me.

"That sounds great. Seriously great." I plopped onto the couch next to her, interested to see where this was going.

Emma thanked me without looking up from her laptop.

After a few minutes, I said, "If you ever want to test that out, just to make sure it works...I'm here for you."

Still hasn't happened. ©

5 things I've learned about sex from my sex writer wife

Wise words from Joey Cavella, husband of Emma's writing partner, Lorelei

Sex toys aren't just for freaks. You name it, Lorelei and I have tested it for her job. And trying all these toys has forced us to experiment in the bedroom, which always leads to better sex.

It may not all be about her little magic button. I used to be clitoris-focused, but she taught me that those supersensitive parts can be inside, in various, often unexpected places.

Quality over quantity. We don't have sex more than other couples (she has the data!), but we try to make each time count—not with three-hour sessions, but by focusing on what we both enjoy.

Being nice is the best aphrodisiac. Lotions, potions and Barry White can't beat thoughtfulness and compliments to get her in the mood. I suspect this may be true for every woman on the planet.

Lorelei, 36, with her A-plus student, Joey, 39

She comes first. She continues to enjoy sex post-orgasm, whereas I get pretty drowsy. It's just common sense.

TOP: PRESTON SCHLEIFER

Read Em & Lo's side of the story at glamour.com/sexmen.

HE HAS GENITAL HERPES.

SHE DOESN'T.

VALTREX
(valacyclovir HCl)

AND HE TAKES ONCE-DAILY VALTREX TO HELP KEEP IT THAT WAY.

ONE IN FIVE AMERICAN ADULTS HAS GENITAL HERPES.

That's because so few people know they're spreading it. You might be surprised to learn you can pass genital herpes on to your partner at any time:

- even if you're careful
- even without signs or symptoms
- even if you don't get that many outbreaks

THE CDC RECOMMENDS DAILY MEDICATION AS PART OF A PLAN TO REDUCE THE RISK OF SPREADING GENITAL HERPES.

Once-daily VALTREX is the only medication proven to reduce that risk. Safer sex practices should be used with daily therapy. To reduce the risk of spreading genital herpes:

- Do not have sexual contact when you get an outbreak or think you are about to get an outbreak.
- Always use a condom when you have sex.
- Take VALTREX Caplets every day as prescribed.

It is not known if prescription VALTREX reduces the risk of spreading genital herpes in same sex couples.

IMPORTANT SAFETY INFORMATION

There's no cure for herpes. Even with treatment, it's possible to spread herpes. VALTREX is for adults with healthy immune systems. To avoid a potentially serious complication, tell your doctor if your immune system isn't normal because of bone marrow or kidney transplant or advanced HIV disease. Common side effects include headache, nausea, stomach pain, cold, and sore throat.

Talk to your doctor about once-daily VALTREX.
Save up to $10 on every 30 caplets* at valtrex.com

GlaxoSmithKline

If you don't have prescription coverage, visit ppain.org, or call 1-888-4PPA-NOW (1-888-477-2669)

Visit valtrex.com for more information or call 1-877-257-0189 for a free brochure.

Please see accompanying important patient information.

*Restrictions may apply.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

See CDC STD Treatment Guidelines, 2006.

PATIENT INFORMATION
VALTREX® (VAL-trex)
(valacyclovir hydrochloride) Caplets

Read the Patient Information that comes with VALTREX before you start using it and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or treatment. Ask your healthcare provider or pharmacist if you have questions.

What is VALTREX?

VALTREX is a prescription antiviral medicine. VALTREX lowers the ability of herpes viruses to multiply in your body.

VALTREX is used:

- to treat cold sores (also called fever blisters or herpes labialis) in adults
- to treat shingles (also called herpes zoster) in adults
- to treat or control genital herpes outbreaks in adults with normal immune systems
- to control genital herpes outbreaks in adults infected with the human immunodeficiency virus (HIV) with CD4 cell count greater than 100 cells/mm³
- with safer sex practices to lower the chances of spreading genital herpes to others.

Even with safer sex practices, it is still possible to spread genital herpes.

VALTREX used daily with the following safer sex practices can lower the chances of passing genital herpes to your partner.

- **Do not have sexual contact with your partner when you have any symptom or outbreak of genital herpes.**
- **Use a condom** made of latex or polyurethane whenever you have sexual contact.

VALTREX does not cure herpes infections (cold sores, shingles, or genital herpes).

VALTREX has not been studied in children who have not reached puberty.

What are cold sores, shingles, and genital herpes?

Cold sores are caused by a herpes virus that may be spread by kissing or other physical contact with the infected area of the skin. They are small, painful ulcers that you get in or around your mouth. It is not known if VALTREX can stop the spread of cold sores to others.

Shingles is caused by the same herpes virus that causes chickenpox. It causes small, painful blisters that happen on a certain area of your skin. Shingles occurs in people who have already had chickenpox. Shingles can be spread to people who have not had chickenpox or the chickenpox vaccine by contact with the infected areas of the skin. It is not known if VALTREX can stop the spread of shingles to others.

Genital herpes is a sexually transmitted disease. It causes small, painful blisters on your genital area. You can spread genital herpes to others, even when you have no symptoms. If you are sexually active, you can still pass herpes to your partner, even if you are taking VALTREX. VALTREX, taken every day as prescribed and used with the following **safer sex practices,** can lower the chances of passing genital herpes to your partner.

- **Do not have sexual contact with your partner when you have any symptom or outbreak of genital herpes.**
- **Use a condom** made of latex or polyurethane whenever you have sexual contact.

Ask your healthcare provider for more information about safer sex practices.

Who should not take VALTREX?

Do not take VALTREX if you are allergic to any of its ingredients or to acyclovir. The active ingredient is valacyclovir. See the end of this leaflet for a complete list of ingredients in VALTREX.

Before taking VALTREX, tell your healthcare provider:

About all your medical conditions, including:

- **if you have had a bone marrow transplant or kidney transplant, or if you have advanced HIV disease or "AIDS."** Patients with these conditions may have a higher chance for getting a blood disorder called thrombotic thrombocytopenic purpura/hemolytic uremic syndrome (TTP/HUS). TTP/HUS can result in death.
- **if you have kidney problems.** Patients with kidney problems may have a higher chance for getting side effects or more kidney problems with VALTREX. Your healthcare provider may give you a lower dose of VALTREX.
- **if you are 65 years of age or older.** Elderly patients have a higher chance of certain side effects. Also, elderly patients are more likely to have kidney problems. Your healthcare provider may give you a lower dose of VALTREX.
- **if you are pregnant or planning to become pregnant.** Talk with your healthcare provider about the risks and benefits of taking prescription drugs (including VALTREX) during pregnancy.
- **if you are breastfeeding.** VALTREX may pass into your milk and it may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you are taking VALTREX.
- **about all the medicines you take,** including prescription and non-prescription medicines, vitamins, and herbal supplements. VALTREX may affect other medicines, and other medicines may affect VALTREX. This may happen if you have certain medical conditions such as kidney problems. It is a good idea to keep a complete list of all the medicines you take. Show this list to your healthcare provider and pharmacist any time you get a new medicine.

How should I take VALTREX?

Take VALTREX exactly as prescribed by your healthcare provider. Your dose of VALTREX and length of treatment will depend on the type of herpes infection that you have and any other medical problems that you have.

VALTREX
(valacyclovir HCl) 500mg, lg Caplets

- Do not stop VALTREX or change your treatment without talking to your healthcare provider.
- VALTREX can be taken with or without food.
- If you are taking VALTREX to treat cold sores, shingles, or genital herpes, you should start treatment as soon as possible after your symptoms start. VALTREX may not help you if you start treatment too late.
- If you miss a dose of VALTREX, take it as soon as you remember, and then take your next dose at its regular time. However, if it is almost time for your next dose, do not take the missed dose. Wait and take the next dose at the regular time.
- Do not take more than the prescribed number of VALTREX Caplets each day. Call your healthcare provider right away if you take too much VALTREX.

What are the possible side effects of VALTREX?

Kidney failure and nervous system problems are not common, but can be serious in some patients taking VALTREX. Nervous system problems include aggressive behavior, unsteady movement, shaky movements, confusion, speech problems, hallucinations (seeing or hearing things that are really not there), seizures, and coma. Kidney failure and nervous system problems have happened in patients who already have kidney disease and in elderly patients whose kidneys do not work well due to age. **Always tell your healthcare provider if you have kidney problems before taking VALTREX. Call your doctor right away if you get a nervous system problem while you are taking VALTREX.**

Common side effects of VALTREX include headache, nausea, stomach pain, vomiting, and dizziness. Side effects in HIV-infected adults include headache, tiredness, and rash. These side effects are usually mild and usually do not cause patients to stop taking VALTREX.

Other less common side effects include painful periods in women, joint pain, depression, low blood cell counts, and changes in tests that measure how well the liver and kidneys work.

Talk to your healthcare provider if you develop any side effects that concern you.

These are not all the side effects of VALTREX. For more information ask your healthcare provider or pharmacist.

How should I store VALTREX?

- Store VALTREX at room temperature, 59° to 77°F (15° to 25°C).
- Keep VALTREX in a tightly closed container.
- Do not keep medicine that is out of date or that you no longer need.
- **Keep VALTREX and all medicines out of the reach of children.**

General information about VALTREX

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VALTREX for a condition for which it was not prescribed. Do not give VALTREX to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about VALTREX. If you would like more information, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information about VALTREX that is written for health professionals. More information is available at www.VALTREX.com.

What are the ingredients in VALTREX?

Active ingredient: valacyclovir hydrochloride
Inactive ingredients: carnauba wax, colloidal silicon dioxide, croscarmellose, FD&C Blue No. 2 Lake, hypromellose, magnesium stearate, microcrystalline cellulose, polyethylene glycol, polysorbate 80, povidone, and titanium dioxide.

Rx Only

VALTREX is a registered trademark of GlaxoSmithKline

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GlaxoSmithKline
Research Triangle Park, NC 27709

Manufactured by
GlaxoSmithKline
Research Triangle Park, NC 27709
or
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WE DECIDED TO HARNESS ITS POWER WITH SOLAR COLLECTORS AT ONE OF OUR SUNCHIPS® PLANTS.
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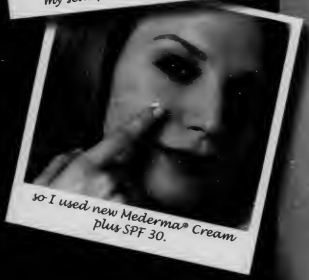
fashion & beauty?

glamspotters.com

Now, you can make your scar less noticeable and protect it from the sun's harmful rays.

My doctor told me to protect my scar from the sun's rays,



so I used new Mederma® Cream plus SPF 30.

DRAMATIZATION
Always use sunscreen on exposed skin.

The sun's UVA and UVB rays can make your scar look worse. **NEW Mederma® Cream** is the only scar product with SPF 30 that can help reduce the appearance of your scar and protect it from sun exposure. **Mederma® Cream** works for old and new scars resulting from surgery, accidents, injury, burns, acne and stretch marks. And it's from the #1 doctor- and pharmacist-recommended brand for scars. With **NEW Mederma® Cream plus SPF 30**, your scar can look better. So you can feel better.

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Leaves hair silky, shiny and touchable... *salon results at home.*

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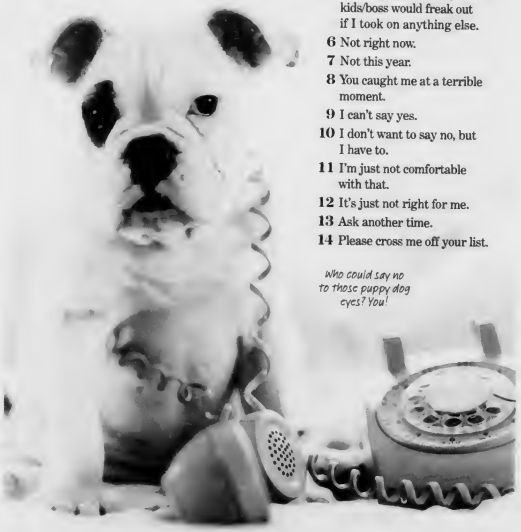
How to say no
without feeling rude, lame or lazy

It's a woman thing, this do-it-all disease. We hate to disappoint, so rather than saying no, we give in and end up overwhelmed or resentful. No more! Here, from my book *1,000 Ways to Be a Slightly Better Woman*, 14 perfectly gentle ways *not* to say yes to your colleague's walkathon, a guy who's too pushy in bed, even Mom's dinner invite.

—PAMELA REDMOND SATRAN

1. I'm going to have to pass.
2. I'd love to, but I just don't have the time.
3. I made a resolution to start saying no more often.
4. I don't want to say yes and then let you down.
5. I'd love to, but my boyfriend/kids/boss would freak out if I took on anything else.
6. Not right now.
7. Not this year.
8. You caught me at a terrible moment.
9. I can't say yes.
10. I don't want to say no, but I have to.
11. I'm just not comfortable with that.
12. It's just not right for me.
13. Ask another time.
14. Please cross me off your list.



Who could say no to those puppy dog eyes? You!

DOG, KATE POWERS; ALI, © ISLOVELLI/RETNA LTD.

I believe...

...in barely getting dressed on vacation.

...that you can be strong *and* feminine.

...in a small circle of good friends.

...in being confident with what you have. Ignore celebrities—they have airbrushing!

—LAILA ALI, COHOST OF *AMERICAN GLADIATORS*

Cheap trips!

How to plan a no-debt vacay you'll love just as much as a high-end Visa bill buster

Pick a less spendy destination

Forget Europe, where a cup of coffee will set you back $5 these days. The best international deals are in Central and South America. Scuba dive for four days in Honduras for $259 (includes certification; see aboututila.com), or get room, board and language classes in Guatemala for about $30 a day (try transitionsabroad.com). Domestically, go somewhere fun that everybody else isn't going to, like Austin or Chattanooga, says travel writer Tim Leffel.

Play for free

Find out about free concerts and festivals through tourist board sites or local magazines. And don't overplan your days, says Marybeth Bond, author of *Best Girlfriends Getaways Worldwide:* "The ultimate cheap trick is to be serendipitous—take a stroll and discover the character of an area."

Splurge at lunch

"A midday meal is often half the price of dinner," says Cheri Sicard, the editor of fabuloustravel.com. To avoid pricey tourist traps, use chowhound.com or ask locals for dining picks. Keep costs down by ordering area specialties: A cocktail in Argentina can run you $7; a fabulous glass of wine only a buck. Cheers! —*KIMBERLY ELKINS*

Work secret weapon: Listen!

"The key to success at work isn't talking; it's listening," says Todd Dewett, Ph.D., author of *Leadership Redefined.* Tune in with these tips:

1. Silence your inner critic. If you're looking for holes in an argument, you're not focusing on what's being communicated.

2. "Jot down a few key words or questions," Dewett says. Otherwise, maintain eye contact to signal your interest in the speaker.

3. Summarize what your boss has said to be sure you've understood and show you're taking her seriously.

—*MAURA KELLY*

WALLET WATCH

Q: I'm getting married! How should we handle money as a couple?

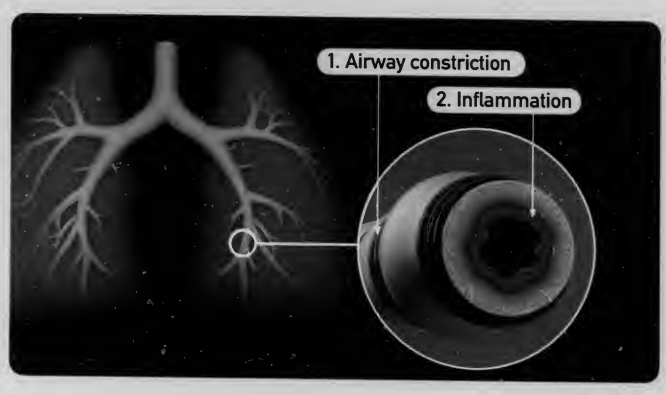
A: I'm a big fan of the "yours, mine and ours" approach so you can both merge some finances *and* maintain some independence. Each month, you and your husband put a set amount of your income in joint checking and savings to pay for basics like rent and food, and work toward goals like a down payment on your first home. Stick anything left over in personal accounts for clothes, gifts and occasional splurges. Many couples keep this setup throughout their marriage, but it's especially good for the early years. Just appoint one of you to keep tabs on the shared accounts to avoid overdrafts or missed payments. Also, keep saving as much as possible for your retirement so you can grow old together for richer, not poorer.

CONTRIBUTING EDITOR BETH KOBLINER IS THE AUTHOR OF *GET A FINANCIAL LIFE.* WRITE TO HER AT MONEY@GLAMOUR.COM.

WORK QUICKIE Twentysomethings switch jobs every 1.6 years—about twice as often as older workers.

CHEAP TRIPS: PAMELA HANSON; KOBLINER: GABRIELLE REVERE. WORK SECRET WEAPON: WEEB. WORK QUICKIE: "MILLENNIALS WITH 9 TO REALITY," J. WALTER THOMPSON

Asthma has two main causes. Treating both with ADVAIR® helps prevent symptoms.



If your symptoms keep coming back, it could be that your controller is treating only one of the main causes.

ADVAIR

Help prevent symptoms. Treat both main causes.™

Ask your doctor if ADVAIR is right for you. For more information call 1-800-646-6644, or visit www.ADVAIR.com

Important information about ADVAIR DISKUS. Prescription ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. ADVAIR is for people who still have symptoms on another asthma controller, or who need two controllers. ADVAIR contains salmeterol. In patients with asthma, medicines like salmeterol may increase the chance of asthma-related death. So ADVAIR is not for people whose asthma is well controlled on another controller medicine.

Talk to your doctor about the risks and benefits of treating your asthma with ADVAIR. Do not use ADVAIR with long-acting beta$_2$-agonists for any reason. If you are taking ADVAIR, see your doctor if your asthma does not improve or gets worse. Tell your doctor if you have a heart condition or high blood pressure. Some people may experience increased blood pressure, heart rate, or changes in heart rhythm. ADVAIR is for patients 4 years and older. For patients 4 to 11 years old, ADVAIR 100/50 is for those who have asthma symptoms while on an inhaled corticosteroid.

Please see important information about ADVAIR on the next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

GlaxoSmithKline

If you don't have prescription coverage and can't afford your medicines, visit pparx.org, or call 1-888-4PPA-NOW (1-888-477-2669)

ADVAIR DISKUS 100/50
(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)

Important Information about ADVAIR DISKUS

ADVAIR DISKUS® 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

What is the most important information I should know about ADVAIR DISKUS?

In patients with asthma, long-acting beta2-agonist medicines such as salmeterol (one of the medications in ADVAIR®) may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. So ADVAIR is not for patients whose asthma is well controlled on another asthma controller medicine such as low- to medium-dose inhaled corticosteroids or only need a fast-acting inhaler once in a while. Talk with your doctor about this risk and the benefits of treating your asthma with ADVAIR.

ADVAIR should not be used to treat a severe attack of asthma or chronic obstructive pulmonary disease (COPD) requiring emergency medical treatment.

ADVAIR should not be used to relieve sudden symptoms or sudden breathing problems. Always have a fast-acting inhaler with you to treat sudden breathing difficulty. If you do not have a fast-acting inhaler, contact your doctor to have one prescribed for you.

What is ADVAIR DISKUS?

There are two medicines in ADVAIR: fluticasone propionate, an inhaled anti-inflammatory belonging to a group of medicines commonly referred to as corticosteroids, and salmeterol, a long-acting, inhaled bronchodilator belonging to a group of medicines commonly referred to as beta2-agonists. There are 3 strengths of ADVAIR: 100/50, 250/50, 500/50.

For Asthma

- ADVAIR is approved for the maintenance treatment of asthma in patients 4 years of age and older. ADVAIR should only be used if your doctor decides that another asthma controller medicine alone does not control your asthma or that you need 2 asthma controller medications.
- The strength of ADVAIR approved for patients ages 4 to 11 years who experience symptoms on an inhaled corticosteroid is ADVAIR DISKUS 100/50. All 3 strengths are approved for patients with asthma ages 12 years and older.

For COPD associated with chronic bronchitis

ADVAIR 250/50 is the only approved dose for the maintenance treatment of airflow obstruction in patients with COPD associated with chronic bronchitis. The benefit of using ADVAIR for longer than 6 months has not been evaluated. The way anti-inflammatories work in the treatment of COPD is not well defined.

Who should not take ADVAIR DISKUS?

You should not start ADVAIR if your asthma is becoming significantly or rapidly worse, which can be life threatening. Serious respiratory events, including death, have been reported in patients who started taking salmeterol in this situation, although it is not possible to tell whether salmeterol contributed to these events. This may also occur in patients with less severe asthma.

You should not take ADVAIR if you have had an allergic reaction to it or any of its components (salmeterol, fluticasone propionate, or lactose). Tell your doctor if you are allergic to ADVAIR, any other medications, or food products. If you experience an allergic reaction after taking ADVAIR, stop using ADVAIR immediately and contact your doctor. Allergic reactions are when you experience one or more of the following: choking; breathing problems; swelling of the face, mouth and/or tongue; rash; hives; itching; or welts on the skin.

Tell your doctor about the following:

- If you are using your fast-acting inhaler more often or using more doses than you normally do (e.g., 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row or a whole canister of your fast-acting inhaler in 8 weeks' time), it could be a sign that your asthma is getting worse. If this occurs, tell your doctor immediately.
- If you have been using your fast-acting inhaler regularly (e.g., four times a day). Your doctor may tell you to stop the regular use of these medications.
- If your peak flow meter results decrease. Your doctor will tell you the numbers that are right for you
- If you have asthma and your symptoms do not improve after using ADVAIR regularly for 1 week.
- If you have been on an oral steroid, like prednisone, and are now using ADVAIR. You should be very careful as you may be less able to heal after surgery, infection, or serious injury. It takes a number of months for the body to recover its ability to make its own steroid hormones after use of oral steroids. Switching from an oral steroid may also unmask a condition previously suppressed by the oral steroid such as allergies, conjunctivitis, eczema, arthritis, and eosinophilic conditions. Symptoms of an eosinophilic condition can include rash, worsening breathing problems, heart complications, and/or feeling of "pins and needles" or numbness in the arms and legs. Talk to your doctor immediately if you experience any of these symptoms.
- Sometimes patients experience unexpected bronchospasm right after taking ADVAIR. This condition can be life threatening and if it occurs, you should immediately stop using ADVAIR and seek immediate medical attention.
- If you have any type of heart disease such as coronary artery disease, irregular heart beat or high blood pressure, ADVAIR should be used with caution. Be sure to talk with your doctor about your condition because salmeterol, one of the components of ADVAIR, may affect the heart by increasing heart rate and blood pressure. It may cause symptoms such as heart fluttering, chest pain, rapid heart rate, tremor, or nervousness.
- If you have seizures, overactive thyroid gland, liver problems, or are sensitive to certain medications for breathing.
- If your breathing problems get worse over time or if your fast-acting inhaler does not work as well for you while using ADVAIR. If your breathing problems worsen quickly, get emergency medical care.
- If you have been exposed to or currently have chickenpox or measles or if you have an immune system problem. Patients using medications that weaken the immune system are more likely to get infections than healthy individuals. ADVAIR contains a corticosteroid (fluticasone propionate) which may weaken the immune system. Infections like chickenpox and measles, for example, can be very serious or even fatal in susceptible patients using corticosteroids.

How should I take ADVAIR DISKUS?

ADVAIR should be used 1 inhalation, twice a day (morning and evening). ADVAIR should never be taken more than 1 inhalation twice a day. The full benefit of taking ADVAIR may take 1 week or longer.

If you miss a dose of ADVAIR, just skip that dose. Take your next dose at your usual time. Do not take two doses at one time.

Do not stop using ADVAIR unless told to do so by your doctor because your symptoms might get worse.

Do not change or stop any of your medicines used to control or treat your breathing problems. Your doctor will adjust your medicines as needed.

When using ADVAIR, remember:

- Never breathe into or take the DISKUS® apart.
- Always use the DISKUS in a level position.
- After each inhalation, rinse your mouth with water without swallowing.
- Never wash any part of the DISKUS. Always keep it in a dry place
- Never take an extra dose, even if you feel you did not receive a dose.
- Discard 1 month after removal from the foil pouch
- Do not use ADVAIR with a spacer device.

Children should use ADVAIR with an adult's help as instructed by the child's doctor.

Can I take ADVAIR DISKUS with other medications?

Tell your doctor about all the medications you take, including prescription and nonprescription medications, vitamins, and herbal supplements.

If you are taking ADVAIR DISKUS, do not use other long-acting beta2-agonist–containing medications, such as SEREVENT® DISKUS or Foradil® Aerolizer,® for any reason.

If you take ritonavir (an HIV medication), tell your doctor. Ritonavir may interact with ADVAIR and could cause serious side effects. The anti-HIV medicines Norvir® Soft Gelatin Capsules, Norvir Oral Solution, and Kaletra® contain ritonavir.

No formal drug interaction studies have been performed with ADVAIR.

In clinical studies, there were no differences in effects on the heart when ADVAIR was taken with varying amounts of albuterol. The effect of using ADVAIR in patients with asthma while taking more than 9 puffs a day of albuterol has not been studied.

ADVAIR should be used with extreme caution during and up to 2 weeks after treatment with monoamine oxidase (MAO) inhibitors or tricyclic antidepressants since these medications can cause ADVAIR to have an even greater effect on the circulatory system.

ADVAIR should be used with caution in people who are taking ketoconazole (an antifungus medication) or other drugs broken down by the body in a similar way. These medications can cause ADVAIR to have greater steroid side effects.

Generally, people with asthma should not take beta-blockers because they counteract the effects of beta2-agonists and may also cause severe bronchospasm. However, in some cases, for instance, following a heart attack, selective beta-blockers may still be used if there is no acceptable alternative.

The ECG changes and/or low blood potassium that may occur with some diuretics may be made worse by ADVAIR, especially at higher-than-recommended doses. Caution should be used when these drugs are used together.

In clinical studies, there was no difference in side effects when ADVAIR was taken with methylxanthines (e.g., theophylline) or with FLONASE® (fluticasone propionate).

What are other important safety considerations with ADVAIR DISKUS?

Pneumonia: Lower respiratory tract infections, including pneumonia, have been reported with the use of inhaled corticosteroids, including ADVAIR. There was a higher incidence of pneumonia reported in patients with COPD taking ADVAIR DISKUS in clinical studies.

Osteoporosis: Long-term use of inhaled corticosteroids may result in bone loss (osteoporosa). Patients who are at risk for increased bone loss (tobacco use, advanced age, inactive lifestyle, poor nutrition, family history of osteoporosis, or long-term use of drugs such as corticosteroids) may have a greater risk with ADVAIR. If you have risk factors for bone loss, you should talk to your doctor about ways to reduce your risk and whether you should have your bone density evaluated.

Glaucoma and cataracts: Glaucoma, increased pressure in the eyes, and cataracts have been reported with the use of inhaled steroids, including fluticasone propionate, a medicine contained in ADVAIR. Regular eye examinations should be considered if you are taking ADVAIR.

Blood sugar: Salmeterol may affect blood sugar and/or cause low blood potassium in some patients, which could lead to a side effect like an irregular heart rate. Significant changes in blood sugar and blood potassium were seen infrequently in clinical studies with ADVAIR.

Growth: Inhaled steroids may cause a reduction in growth velocity in children and adolescents.

Steroids: Taking steroids can affect your body's ability to make its own steroid hormones, which are needed during infections and times of severe stress to your body, such as an operation. These effects can sometimes be seen with inhaled steroids (but it is more common with oral steroids), especially when taken at higher-than-recommended doses over a long period of time. In some cases, these effects may be severe. Inhaled steroids often help control symptoms with less side effects than oral steroids.

Yeast infections: Patients taking ADVAIR may develop yeast infections of the mouth and/or throat ("thrush") that should be treated by their doctor.

Tuberculosis or other untreated infections: ADVAIR should be used with caution, if at all, in patients with tuberculosis, herpes infections of the eye, or other untreated infections.

What are the other possible side effects of ADVAIR DISKUS?

ADVAIR may produce side effects in some patients. In clinical studies, the most common side effects with ADVAIR included:

- Respiratory infections
- Throat irritation
- Hoarseness
- Sinus infection
- Yeast infection of the mouth
- Bronchitis
- Cough
- Headaches
- Nausea and vomiting
- Diarrhea
- Musculoskeletal pain
- Dizziness
- Fever
- Ear, nose, and throat infections
- Nosebleed

Tell your doctor about any side effect that bothers you or that does not go away. These are not all the side effects with ADVAIR. Ask your doctor or pharmacist for more information.

What if I am pregnant, planning to become pregnant, or nursing?

Talk to your doctor about the benefits and risks of using ADVAIR during pregnancy, labor, or if you are nursing. There have been no studies of ADVAIR used during pregnancy, labor, or in nursing women. Salmeterol is known to interfere with labor contractions. It is not known whether ADVAIR is excreted in breast milk, but other corticosteroids have been detected in human breast milk. Fluticasone propionate, like other corticosteroids, has been associated with birth defects in animals (e.g., cleft palate and fetal death). Salmeterol showed no effect on fertility in rats at 180 times the maximum recommended daily dose.

What other important tests were conducted with ADVAIR?

There is no evidence of enhanced toxicity with ADVAIR compared with the components administered separately. In animal studies with doses much higher than those used in humans, salmeterol was associated with uterine tumors. Your healthcare professional can tell you more about how drugs are tested on animals and what the results of these tests may mean to your safety.

For more information on ADVAIR DISKUS

This page is only a brief summary of important information about ADVAIR DISKUS. For more information, talk to your doctor. You can also visit www.ADVAIR.com or call 1-888-825-5249. Patients receiving ADVAIR DISKUS should read the medication guide provided by the pharmacist with the prescription.

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ADD: ZPI October 2007

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Glamalert

STOP, SHOP & GO

Glamslam

It's Getting Hot in Here

Torrid, the alternative for sizes 12 and up, recently opened their doors to avid shoppers at Lakeline Mall in Austin, Texas. Of course, we were there, ready to answer the party patrol call. Our report: Over 100 passionate readers and Torrid customers enjoyed music mixed by a hot local DJ, sipped specialty cocktails and, of course, shopped Torrid's amazing spring collection. Select shoppers won Torrid gift cards, and every customer who made a purchase during the event received a custom make up case filled with beauty products. Mission accomplished!

Torrid

glamalert.com

Gotta win it

The Cotton Lowdown

Log on and get in on the hottest trends in cotton. Learn how to pamper yourself, or rev up your denim to rock star status. You can even enter to win a beautiful cotton wardrobe, an all-natural vacation or one of our other cotton-fabulous prizes. For details, visit **TheFabricOfOurLives.com**.

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Is your body normal?

Your height, your weight, your bra size—see how every inch of you compares here. By Sarah Robbins

Normal by the numbers

36C
The average woman's bra size—up from a 34B just nine years ago.

forty-four
Percent of young American women who wear a size 12 dress or larger

8
The average American woman's shoe size

36.5
Average woman's waist, in inches around. It's healthier to keep it under 35 inches, experts say.

64
Average height, in inches, of an American woman (that's 5'4").

fifty-seven
Percent of women who are at least somewhat satisfied with their body weight and shape

156½
Average weight, in pounds, of a woman in her twenties. That number climbs to 163 for a woman in her thirties.

4 weird things that are very normal

Loving your breasts: 26 percent of women we polled call them their favorite body part.

Not liking your belly: 46 percent of women say it's their least favorite body part.

Letting body hair grow—only 18 percent of women say they remove it consistently, even in winter.

Being a little lopsided up top. "A half-cup difference is nothing to worry about," says Pam Peeke, M.D.

What's not so normal, but you love it anyway?

"My toes, which my sister calls 'tingers.' One is as long as my pinkie." —PHYLLIS KUNG, 26, AUSTIN, TEX.

"My nose. I never grew into it, but I still love it." —ALISA SLOAN, 37, PORTLAND, ORE.

"My scars. You don't have to be flawless to be fabulous!" —NIKKI WALKER, 31, ATLANTA

"My thick brows. I love the way they frame my face." —AMY PREISER, 21, LONG BEACH, CALIF.

How would you describe your body?

10% I'm an apple.

18% I'm straight up and down.

24% I'm a pear.

48% I'm an hourglass.

Nearly 600 women on glamour.com revealed their body shape. And many of us wonder: Can you change it? To some extent, says Lauren Goldberg, a trainer at Peak Performance in NYC. "Your butt shape is genetic. But the waist is easier to change. Bring that in and the rest of your body instantly looks different."

Go to **glamour.com/normal** to take a quiz to see how you compare on this issue and next month's topic!

WOMEN IN SWIMSUITS: CORBIS; APPLE AND PEAR: JUPITER IMAGES; RULER: GETTY IMAGES; HOURGLASS: ISTOCKPHOTO. FOR STATISTICS SOURCES, SEE GO SHOPPING PAGE

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...to refuse to commit to just one guy until after Labor Day.

...to only polish the two toes sticking out of your peep toes.

...to make Miller Light—in a can—your signature summer cocktail.

...to think about your eBay bid during sex.

...to not pass along the résumé of a friend-of-a-friend-of-a-friend.

...to employ your varsity basketball rebounding skills when the bride tosses the bouquet.

...to give everyone in first class the evil eye as you pass by.

...to secretly hope the barista accidentally uses full-fat milk in your latte.

...to take offense at whatever follows "Hey, no offense...."

...to like what he does down there...but occasionally have no interest in reciprocating.

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NEWS EXCLUSIVE

"We broke free of Scientology"

Three women—including a top church leader's niece—are helping others leave the controversial faith.

In September 2006 Kendra Wiseman, 25, was reading an old issue of *Glamour* when she came across a story by Astra Woodcraft titled "Why I Fled Scientology." Like Astra, Kendra had grown up in the secretive religion and made the agonizing decision to abandon it. She wrote to Astra, thanking her for the story. A year and a half later, Kendra heard another shocker: Jenna Miscavige Hill, the 24-year-old niece of Scientology leader David Miscavige, had also left the church. Kendra sent her an e-mail too.

That was the beginning of a new relationship for the three women, who bonded over their unhappy years in the church. "I worked seven days a week," says Jenna of her time with Sea Org, the church's administrative arm. Astra recalls "the verbal abuse and isolation." (Scientology officials strongly dispute the claims, saying that Sea Org members get time off and do interact with the outside world.)

This past February, the trio launched a website, exscientologykids.com, for young people who have left or are thinking of leaving Scientology. "When a person leaves," says Kendra, "they face a big void. We help them fill that." The site, which offers support through e-mails, Web chats and phone calls, has about 2,500 visitors per day. Astra knows how scary that first step outside the church can be and says that's exactly why the site is needed. "For me, Scientology perpetuated an atmosphere of fear," Jenna says. "But with Astra and Kendra on my side, I'm not afraid to stand up to it."

—SHIRLEY VELASQUEZ

Ex-Scientologists Kendra Wiseman, inset, Jenna Miscavige Hill, left, and Astra Woodcraft

Awesome women of the moment!

Under enemy fire in Afghanistan, Army Spc. **Monica Lin Brown**, *19, shielded wounded soldiers with her body, got them to safety—and earned a Silver Star.*

Good news for the shy: Colorado's **Dr. Aliya Hasan**, *36, has created the Women's Only Colposcopy Center, staffed by female medical personnel.*

Alia Sabur, *19, twin graduated college at 17, became the youngest college professor in the world when she began teaching at Kaplan University, Seoul.*

Erin Darby, *36, and* **Ana Maria Henao**, *28, created Smart Is Cool (SIC), a line of T-shirts with pro-mantra messages on them.*

→

MAKEUP AND HAIR: WOODCRAFT (**JF GREYWOOD**); STYLIST: MM LORD; HAIR: SHANNA BERNSTEIN; MAKEUP: GREL ET AUQUIT. PHOTOGRAPHED AT THE W HOTEL, SAN DIEGO. MODERNA ENQUE (MONICA); PAUL MAIER (ERIN); COURTESY OF U.S. DEPARTMENT OF DEFENSE (BROWN); COURTESY OF SUBJECT (HASAN, SABUR, HENAO).

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MISCAVIGE HILL AND WOODCRAFT, JP GREENWOOD; STYLIST: NIKI DEBAS; HAIR: SHANNA BERNSTEIN; MAKEUP: GREG VELASQUEZ. PHOTOGRAPHED AT THE W HOTEL, SAN DIEGO. WISEMAN: CHIQUE ON NECKLACE AND BRACELET; BAILEY 44 ON RING; JENNY GOLD SHOES. ON WOODCRAFT: CAMI TOP, ELIE TAHARI; SKIRT, ST. JOHN; FOUNTAIN PEN, MONTBLANC; PAINT, BENJAMIN MOORE; SHOES, BROWN. ALL OF PAGES 3

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This eight-year-old Afghani girl is engaged. Roshan Kasem, near left, enjoys a final free moment on the day of her betrothal to a 55-year-old man.

EDITORIAL

Help end the tragedy of child marriage

When Texas law enforcement raided the Yearning for Zion Ranch this spring, they found that at least 31 girls—some as young as 14—had been forced into marriage and had children or were pregnant. The media devoured the story, and it *was* shocking, but had journalists looked beyond our borders, they would have discovered that child marriage is common in parts of Africa, South Asia and Latin America. In fact, one in seven girls in all developing countries except China marries before she's 15.

> "Girls must never be treated as a commodity to be given to a man."
> —REPRESENTATIVE BETTY MCCOLLUM

Tragically most child brides lead depressingly similar lives. A girl is typically married to a much older man she may not have even met. She must drop out of school and faces grave health threats. "Young brides are at high risk of HIV/AIDS because their husbands often have multiple partners," says Adrienne Germain, president of the International Women's Health Coalition. Many child brides are victims of domestic violence, and complications from pregnancy is the top killer of adolescent girls in developing countries. Sadly, this practice is often an act of economic survival. "Parents think girls need to be married to have good lives," says Margaret E. Greene, a director at the International Center for Research on Women.

Putting an end to child marriage requires both humanitarian efforts and legislative change. Urge congressional representatives from your state to support the International Protecting Girls by Preventing Child Marriage Act, introduced by Representative Betty McCollum (D–Minn.). (Visit glamour.com/news to see a sample letter.) "Whether American, Ethiopian or Nicaraguan," says McCollum, "girls deserve the right to enter adulthood and decide for themselves who their husband will be."

Go to **glamour.com/news** to learn how to help.

THE COUNTDOWN

10 most spectacular breakups of all time

The stories from Splitsville that shocked the world. By Jessica Seigel

1 Mia Farrow and Woody Allen Woody wed lover Mia's adopted daughter Soon-Yi.

2 Eleanor of Aquitaine and Louis VII Three centuries of unrest can be traced to the queen's split from the French monarch.

3 Napoleon and Josephine The empress was kicked to the curb for failing to produce an heir.

4 Jane and Jack Welch Her big settlement from GE's CEO confirmed: "Corporate wife" is a real job.

5 Sonny and Cher Ten years after they told the world "I Got You, Babe," the couple untied the knot.

6 Jennifer Aniston and Brad Pitt Remember how shocking the breakup of America's sweethearts was?

7 Regis Philbin and Kathie Lee Gifford Their on-air chemistry zinged—till Chatty Kathie took a hike.

8 Ike and Tina Turner Three cheers for Tina for ditching her abusive husband and manager.

9 Madonna and Sandra Bernhard The pair hinted they were more than friends, then didn't speak for years.

10 Laverne and Shirley Fans were stricken when Penny Marshall and Cindy Williams reportedly feuded and parted ways.

Expert panelists: Divorce lawyer Raul Felder, novelist Terry McMillan and history professor Roderick Phillips, author of Untying the Knot: A Short History of Divorce.

TOP LEFT: STEPHANIE SINCLAIR/VII NETWORK. SONNY AND CHER: ROBERT MARGAS; ALLEN IPOL/GLOBE PHOTOS. WE AND TINA TURNER: IRV STEINBERG/GLOBE PHOTOS. MADONNA AND HOWARD: AP IMAGES. LAVERNE AND SHIRLEY: COURTESY EVERETT COLLECTION. JANE AND JACK WELCH: JUDIE BURSTEIN/GLOBE PHOTOS. PITT AND ANISTON: SAMMS ARKOFF/BERNHARD: AP IMAGES. LAVERNE AND SHIRLEY: COURTESY EVERETT COLLECTION

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"Welcome to my mortgage hell"

Young women like you overextended to buy homes, then lost them in the mortgage crisis. Listen as a few of them tell what it's like when the bank takes away the keys to your little piece of the American dream.
By Meghan Daum

In March 2005 Karla Hodges seemed to have her life impressively in order. Her two sons were happy, her nursing job paid $92,000 a year, and thanks to a liberal lending climate, her bank had preapproved her for a home mortgage of more than half a million dollars. The then 32-year-old single mother, who'd struggled to put herself through school and raise a family in pricey Northern California, was feeling pretty good about things. She'd finally earned herself a piece of the American dream.

Hodges' mother, who had been needling her daughter for years to buy a home, was thrilled. But Hodges suspects that her mother, who'd bought in a very different era, knew little about how the real estate market worked in California. "I grew up in Chicago in a red brick house that my parents afforded on middle-class salaries," says Hodges, an energetic beauty with dark eyes and an easy laugh. "My mother couldn't understand how it was possible that I could be making all of this money and still be renting. When I got approved for that mortgage, she *really* celebrated."

> "I called the lender and said, 'This house is eating me alive. I want out.'"
> —KARLA HODGES, 34, HERCULES, CALIF.

Hodges took her loan guarantee and shopped for a place to raise her boys. She settled on a 1924 Craftsman bungalow with a view of the water near the San Francisco Bay and a price tag of $432,000—a full $100,000 less than the amount she'd been approved for. Although that figure would buy you a palace in some parts of the United States, in the famously stratospheric real estate market of Northern California, it got Hodges a modest two-bedroom. But the house was located within reasonable commuting distance from her work and in decent repair, with hardwood floors and knotty pine walls. She loved it. "The house was so cute," Hodges says. "It was up on a hill and it had a view of the water. It had a huge backyard and two side yards. I really wanted to put a swing set in the backyard and an Endless Pool in one of the side yards."

Along with the great view, Hodges says, the house also came with daunting monthly payments of $2,363, but she wasn't worried. She'd been given the loan, she made a good living, her job was stable, and in the bubble economy of 2005, the common assumption was that all real estate investments were good ones. Moreover, her bank was making the purchase less onerous by allowing her to finance the entire house with no down payment required. In fact, the day after Hodges bought her house, her savings account looked about the same as it had the day before. As nervous as she was, she didn't see any reason

BROKEN HOME: HAIR: HODGES BIAN CHAMPAIN; STYLIST: ROBETTE COHN; HAIR AND MAKEUP: ERIN GALLAGHER FOR KUNO REPRESENTS, INC.

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Hodges and her son Ezekiel in the yard of their rental home

KARLA HODGES, 34, registered nurse

ANNUAL INCOME: $92,000
MONTHLY MORTGAGE PAYMENT: $2,363
REASON SHE LOST HER HOUSE: Months of medical problems, and not enough savings to rely on
CURRENT SITUATION: Renting the house of her dreams

according to the National Association of Realtors, 14 percent of home buyers were single women, and in 2007 that figure was 20 percent. Single men, who are less likely to live with children (and, incidentally, more likely to live with their parents), buy homes half as often as single women do. Even among married couples, the woman—thanks to her better credit or general amenability—is increasingly the sole signer on the loan.

So what happens to the women who can't keep up that financial commitment? It's a common scenario these days: Anyone who's turned on the evening news in the past year knows that real estate is not the happy story it once was.

A nutshell summary of what's happened: A lot of people bought homes using a subprime mortgage (loosely defined as a mortgage with an interest rate that wasn't at the government standard) with a monthly payment they thought they could afford (often without putting any money down). But they got in trouble when adjustable rates pushed their monthly payments up hundreds or thousands of dollars. As payments went up, property values were falling, so owners could no longer recoup a real estate investment by refinancing or selling. This past March, RealtyTrac, an online foreclosure marketplace, reported that more than 230,000 homes were in foreclosure. And single women are more vulnerable to foreclosure because their incomes tend to be lower than those of their married counterparts. What's more, the Consumer Federation of America reported in 2006 that women were more likely to take out subprime loans than male borrowers.

When it came to income, the general rule in the subprime market was something along the lines of "if you say it, we'll believe you." Needless to say, there was plenty of fudging—and not just on the part of borrowers.

"People were stating income that wasn't there and the mortgage brokers were inflating beyond even that," says Laurence H. Michelson, a mortgage expert and founder of the Southern California–based mortgage brokerage firm Granite Lending Inc. In short, he explains, "people were allowed to buy houses they couldn't afford."

Hodges hadn't exaggerated her income, but she also hadn't built up her savings. Ten years ago, it would have been virtually impossible for anyone without an adequate savings account to get a loan. She didn't have enough money for a down payment or even a reasonable amount set aside for emergencies. But in the market in which Hodges bought her home, that didn't seem to matter—until it did. In January 2006, 10 months after buying the house, she got bronchitis. By February it had developed into pneumonia, and she was forced to miss several weeks of work. In April she shattered her wrist in a fall and required surgery a month later. All these health problems chipped away at her bank account.

"I started missing payments in February," says Hodges. "For the next seven months, I was either missing payments or making partial payments."

Hodges, who characterizes the process as "the longest foreclosure in the history of the universe," spent the next year buffeted by volatile emotions, rash decision making and constant negotiations with her lender. The stress was taking a toll on her kids, particularly Dakarai, who at 12 was old enough to feel territorial about his home. →

to second-guess her decision. If her lender had so much faith in her, she reasoned, then why shouldn't she have faith in herself?

Hodges' first night in her new house was scary and exhilarating. "My oldest, Dakarai, was running around the rooms yelling, 'It's our house, it's our house!'" Hodges recalls. "When I tucked him into bed that night, he said, 'This feels like home.' That was a good night for me."

Two years later she had to tell her boys they were moving. "I called the lender and said, 'This house is eating me alive. I want out,'" she says. Her credit was ruined and her savings account was empty. Her voice mail overflowed with messages from her mortgage lender, and she felt incredibly stressed and anxious.

Emotionally exhausted, Hodges let the bank take over the house. Giving up the one measure of success that really seemed to register with her mother, Hodges rejoined the ranks of the renters.

There is, of course, no shame in renting. But when we think about success in the United States, most of us don't envision writing a check to a landlord every month. To own a home means you've grown up, settled down and staked a claim in the world. And, increasingly, it distinguishes you as a modern woman. Before the seventies, it was nearly impossible for a woman, married or single, to even qualify for a mortgage. (A woman who wanted to take out a home loan often had to sign a "Pill letter" or "baby letter," pledging that she would not or could not get pregnant—the assumption being that motherhood would immediately render her financially unstable.) But by 1995,

DAN CAMERON, STYLIST ROBETTE COHN; HAIR AND MAKEUP ERIN GALLAGHER FOR KONO REPRESENTS, INC. ON HODGES; CYNTHIA ROWLEY TOP; LANE BRYANT JEANS

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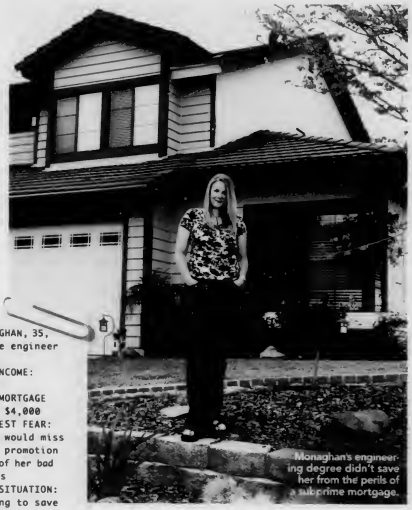
"I had real estate investors over to look at the house," Hodges recalls. "I told them to be discreet around my kids, but one guy started using words like *foreclosure* and saying, 'You're going to lose your house.' Dakarai got really upset. He started pacing around, telling the investor that the house had rats and that he shouldn't buy it."

Meanwhile, her mother was diagnosed with advanced-stage colon cancer, and Hodges had to make several trips home to Chicago. Again, the house payments fell by the wayside.

"My mother was about to die," she says. "I got on the plane knowing I was going to be foreclosed. I got home from the airport and there was a letter from the bank asking when they could pick up the keys."

Hodges never told her mother that the house was in jeopardy. The woman who'd so badly wanted her daughter to become a homeowner died believing that she had. In truth, Hodges surrendered her keys a few weeks later. She owed the bank more than $32,000.



KIM MONAGHAN, 35, aerospace engineer

ANNUAL INCOME: $120,000
MONTHLY MORTGAGE PAYMENT: $4,000
HER BIGGEST FEAR: That she would miss out on a promotion because of her bad financials
CURRENT SITUATION: Struggling to save her home

Monaghan's engineering degree didn't save her from the perils of a sub-prime mortgage.

Nobody is arguing that women should go back to signing Pill letters or waiting until they marry to own property, but even after a tsunami of foreclosures, the lending market can be predatory, and people who don't have the financial resources to buy homes are still given loans for them. So women who want to own "have to be smart about it," says Tara-Nicholle Nelson, a lawyer, real estate broker and author of *The Savvy Woman's Homebuying Handbook*. "The women of Generation X tend to see their homes as a financial asset more than a shelter. They see them as wealth-building vehicles. It doesn't always work out that way."

That modern idea of home ownership has led an astonishing number of otherwise intelligent people—even actual rocket scientists—to be less than smart about the homes they bought. Take Kim Monaghan, a 35-year-old aerospace engineer with the defense contractor Northrop Grumman, who purchased a three-story house in a canyon in Rancho Bernardo, an affluent community in San Diego, for $436,000 in 2005.

"I was never one of those 'when I grow up my house has to be exactly this color and have this kind of yard' kind of people, but I liked this one because it was in a good neighborhood," says Monaghan, a blue-eyed blond whose girl-next-door looks belie a serious demeanor that grows almost fierce when she talks about her experience as a homeowner. "I wanted someplace where I wouldn't be afraid to walk my dog at night."

The house had two master suites, an office, vaulted ceilings, hardwood floors, marble tiles in the bathrooms and a two-car garage. Monaghan didn't just fall for the amenities, though. With a salary of $120,000 a year, she was in a high-income tax bracket and looking for a write-off. "I was losing so much money to the government, and everyone kept telling me, 'You're an idiot—go buy something!'" Monaghan recalls. "So I finally said, 'OK, I'll buy a house.'"

Despite her high income and excellent credit score, Monaghan was still paying off her student loans and didn't have any money for a down *(continued on page 179)*

J.F. GREENWOOD; HAIR: SHANNA BERNSTEIN; MAKEUP: GREG VELASQUEZ

How not to lose your house to the bank

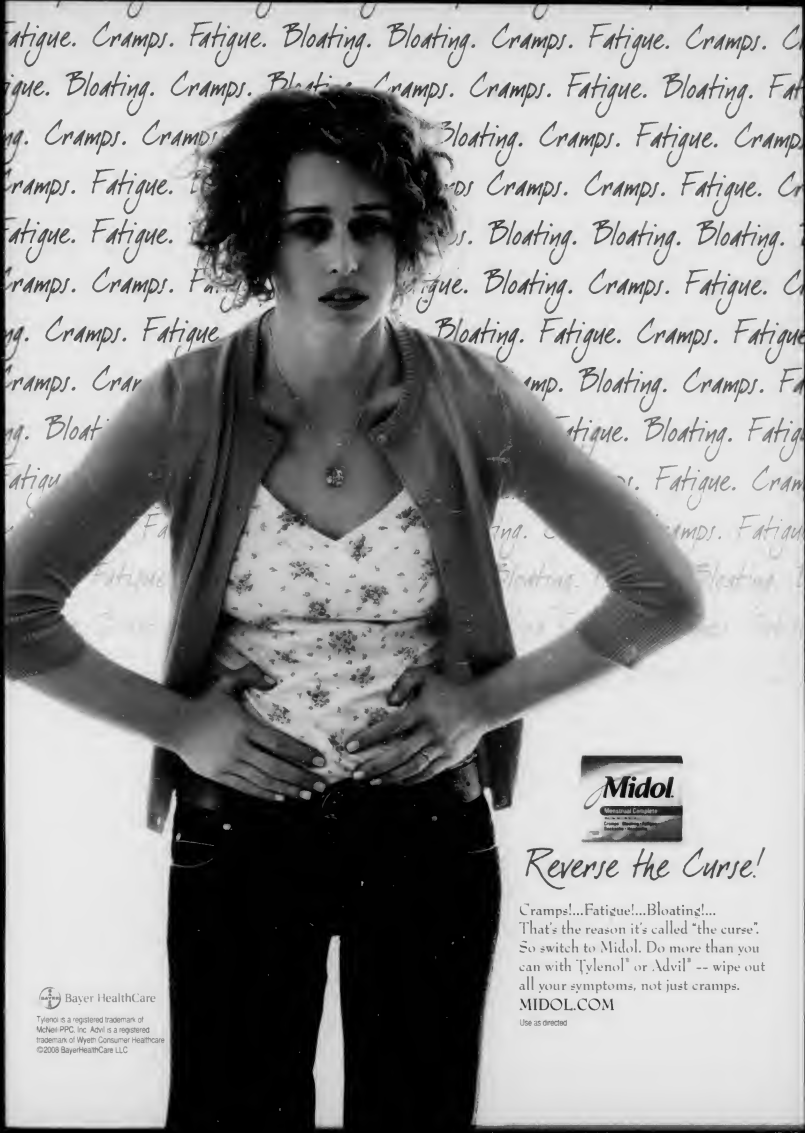
Gail Cunningham, from the National Foundation for Credit Counseling, and Diane Cipollone, from the Sustainable Homeownership Project, on what to do if you're missing mortgage payments:

GET PROFESSIONAL HELP Contact a nonprofit credit counselor (you can find one at nfcc.org), explain your situation and ask them to devise a plan of attack.

MAKE A REPAYMENT PLAN Ask your lender to create a repayment schedule. Better yet, negotiate a forbearance, in which payments are suspended in exchange for a larger lump-sum payment down the road.

LOCK IN YOUR RATE If you have an adjustable rate mortgage, renegotiate to a fixed rate. This often means higher monthly payments, but it will allow you to realistically assess whether you can afford to stay in your home for the long run.

Visit **glamour.com/news** for more home-saving resources.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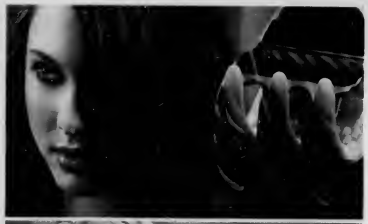

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summernotebook

STYLE, HEALTH & BEAUTY PORTFOLIO

Go Ahead And Talk...Gossip

Zoya's new summer collection, *Gossip*, features 6 vibrant creams in an assortment including an all out red, hi-beam orange and look at me fuchsia. Free of toluene, formaldehyde, DBP and camphor. Available at fine salons and spas. Just $34 for all 6 (+$6.95 s/h). To order *Gossip* and over 300 Zoya shades including the Zoya Color-Lock system visit **www.zoya.com** or call **1-800-659-6909**. For a *Free* color chart send SASE to: Art of Beauty, PO BOX 92252, Cleveland, OH 44193.

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Pedi-Scrub foot buffer is a luscious treat for tired tootsies. One side is soft and gentle, to cleanse and moisturize, and the other is pure bliss, with a scrubby, invigorating texture that massages while it buffs away rough skin. In Lavender & Tea Tree Oil or Citron-Eucalyptus. **www.spongeables.com**

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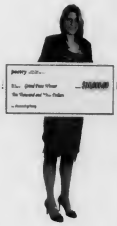
Poetry Contest

Here's a contest that awards over $100,000 a year in prizes! They encourage all amateur poets to enter and will provide a personal critique of each poem that qualifies. To enter, send one original poem, 24 lines or less, to: Poetry Contest, Editor 237-1, 305 Madison Ave. Suite 449, New York, NY 10165.



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The #1 diet product in SWEDEN is now here!

Just 3 capsules a day will boost you on your way to a slimmer, sexier you. All natural CUUR is clinically tested to show up to 47% more weight-loss safely, without the negative side effects. 1-800-390-1688 or GetCUUR.com

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Summer's best-ever dares!

Over the years our volunteers have braved some of the season's most mortifying moments. We're <u>still</u> laughing about...

...SEE-THROUGH PANTS!

Anyone in white pants has wondered if their goods are showing, but Michele Zachar's visible panty problem topped all. Trust us, she says, you don't want this kind of attention.

...BIKINI BLING!

A belly chain is one thing, but volunteer Brandee Cosicher laid the jewelry on thick for a day at the beach. Did others appreciate her effort? Not quite, says Brandee. "Some people laughed and pointed—guess they never heard of accessorizing."

...MASCARA MELTDOWN!

Volunteer Raquel Pedrayes hit the streets with the worst case of raccoon eyes we've ever seen. "Men were way more willing to point it out to me," she says. "I think most women thought, This girl is upset and wants to be left alone."

...GUY IN A THONG!

"I have a new appreciation for women who wear these things," says our brazen volunteer, who wore nothing but a thong to play Frisbee in the park. He suffered through stares, giggles and sunburned cheeks (which one woman kindly pointed out to him).

SEE-THROUGH PANTS: JEREMY BALDERSON. Bikini BLING: RONNIE ANDREEN. MASCARA MELTDOWN AND GUY IN A THONG: SIAN HALLIHAN. PRODUCER FOR BIKINI BLING AND MASCARA MELTDOWN: LYNN MURRAY

Go to **glamour.com/dosanddonts** to submit your suggestions for the next Would You Dare story.

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SEE-THROUGH PANTS: **JEREMY BALDERSON**; Bikini Bling: **ROBBIE AMBREN**; Mascara Meltdown and Guy in a Thong: **DAN HALLMAN**. Producer for Bikini Bling and Mascara Meltdown: **LYNN MURRAY**

Go to **glamour.com/dosanddonts** to submit your suggestions for the next Would You Dare story.

Kinda beats stirring fruit up from the bottom, doesn't it?

Edy's
Slow Churned
RICH & CREAMY
Yogurt Blends

CULTURED FROZEN DAIRY DESSERT

Put away your regular, old plastic-cup yogurt. Yogurt Blends has 46% less sugar and 34% fewer calories* than refrigerated low-fat yogurt, as well as live and active cultures and it's a good source of calcium.

*14g sugar and 107 calories per 4 fl oz serving as compared to 26g sugar and 162 calories per 6 oz serving of low-fat yogurt.
Société des Produits Nestlé S.A., Vevey, Switzerland.

5 ways to have a crazy-happy summer

1. A little scandalous beach reading, perhaps? The confessional stories from real-life "other women" on page 170 are as juicy as Nora Roberts and scarier than Stephen King.
2. Flip to page 148 and become a convert to the most universally beautiful lip color in existence.
3. Remember Jellies, those genius rubbery shoes from forever ago? Well, they're back, beyond cute and really cheap. You can buy a whole rainbow (page 152).
4. You know that hot July back in high school when you learned the joys of making out—and a whole lot more? Summer '08 can top that. See page 81.
5. Take this magazine on vacation for a little poolside Dos & Don'ts–spotting of your own (page 136). Go ahead and gawk; a sombrero will keep you incognito.

IMAGE SOURCE

YOU'LL WANT SOMETHING BRIGHT

Whether it's a little jacket or your bikini, color is *hot* this summer. Vest, dress, JC de Castelbajac; gold bangles (worn throughout), Satya Jewelry and Me&Ro; bracelets, Dogeared Jewels & Gifts; shoes, Chanel. ↘ OPPOSITE PAGE: Wet suit, O'Neill; bikini, Jo de Mer; rope bracelets, Luis Morais. See Go Shopping for more information.

HIM, FROM LEFT: TUNE KIA T-SHIRT, RIP CURL BOARD SHORTS. SUNGLASSES T-SHIRT, GO BOARD SHOP GOLD MARY TANK, RIP CURL BOARD SHORTS

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CLOTHES TO HAVE FUN IN

There's a whole new bold, sporty way of casual dressing this summer. Get inspired—you'll see this beachy look *everywhere*! Photographs by David Burton

HOW ABOUT A COLOR-BLOCK DRESS?
Stripes make it extra cute. Dress, Michael Kors; sunglasses, Marc Jacobs; earrings, Satya Jewelry. See Go Shopping for more information.

ON HIM: OLD NAVY BOARD SHORTS. OPPOSITE PAGE: ON HER, O'NEILL RASH GUARD AND BOARD SHORT.

ADDED BONUS: HAPPY STUFF

Fun tees, flirty dresses—it's all about clothes that make you smile. Dress, D&G; gold necklace and bracelet, Me&Ro; thread necklace and bracelets, Dogeared Jewels & Gifts; sandals, CL by Laundry. OPPOSITE PAGE: Top, Miss Sixty; bikini bottom, J.Crew; sunglasses; Miu Miu; sandals, Target. See Go Shopping for more information.

ON MAN: OLD NAVY BOARD SHORTS. OPPOSITE PAGE, ON MEN: O'NEILL MEN'S BOARD AND BOARD SHORTS

CHLOE: CROCHET TOP/O'NEILL WET SUIT
O'NEILL WET SUIT: JOANNA'S WET SUIT

DON'T FORGET A COMFY PIECE

These surfer-ish items are chic enough to go anywhere, whether you're lounging or actually breaking a sweat. Dress, Moschino Cheap & Chic; bikini top, Rip Curl; necklace, Satya Jewelry; sandals, Givenchy. OPPOSITE PAGE: Hoodie, Galliano by John Galliano; skirt, Nanushka; sandals, Cocobelle. See Go Shopping for more information.

Editor: Michela Buratti; hair: Miok for Bumble and Bumble Salon at Judy Casey, Inc.; makeup: Gregg Brockington at Judy Casey, Inc.; production: Tandem Productions.

ON VINK, FROM LEFT: O'NEILL WET SUIT; O'NEILL WET SUIT; ZANDERA WET SUIT

Of course swimsuit models glisten—you would too, lounging in the surf with the sun at a perfect angle, like Atong here. To get this effect on dry land, mist on a new sparkling body oil (wear your SPF beneath!). Our gold-flecked, ylang-ylang-scented favorite: Clarins Shimmer Body Oil, $40, clarins.com. Swimsuit, Dsquared2.

MED

shimmery skin

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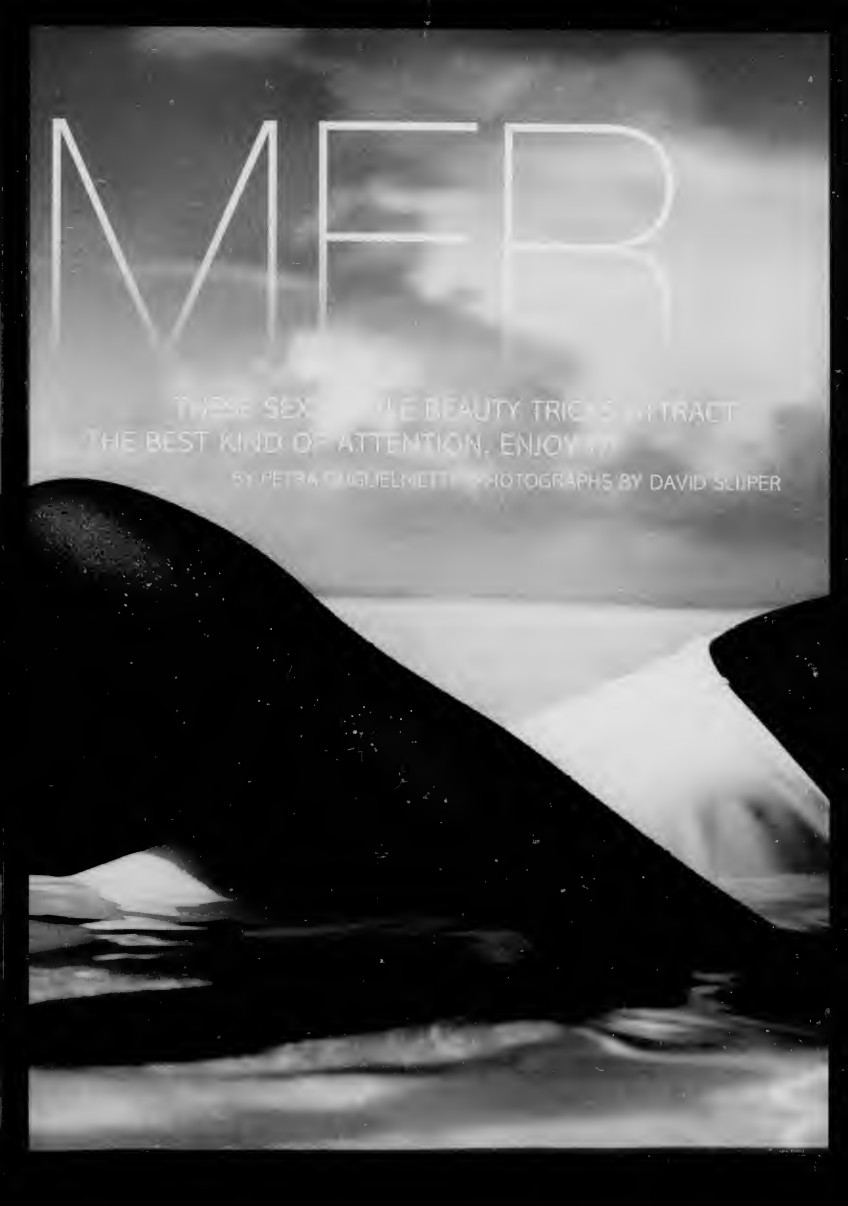
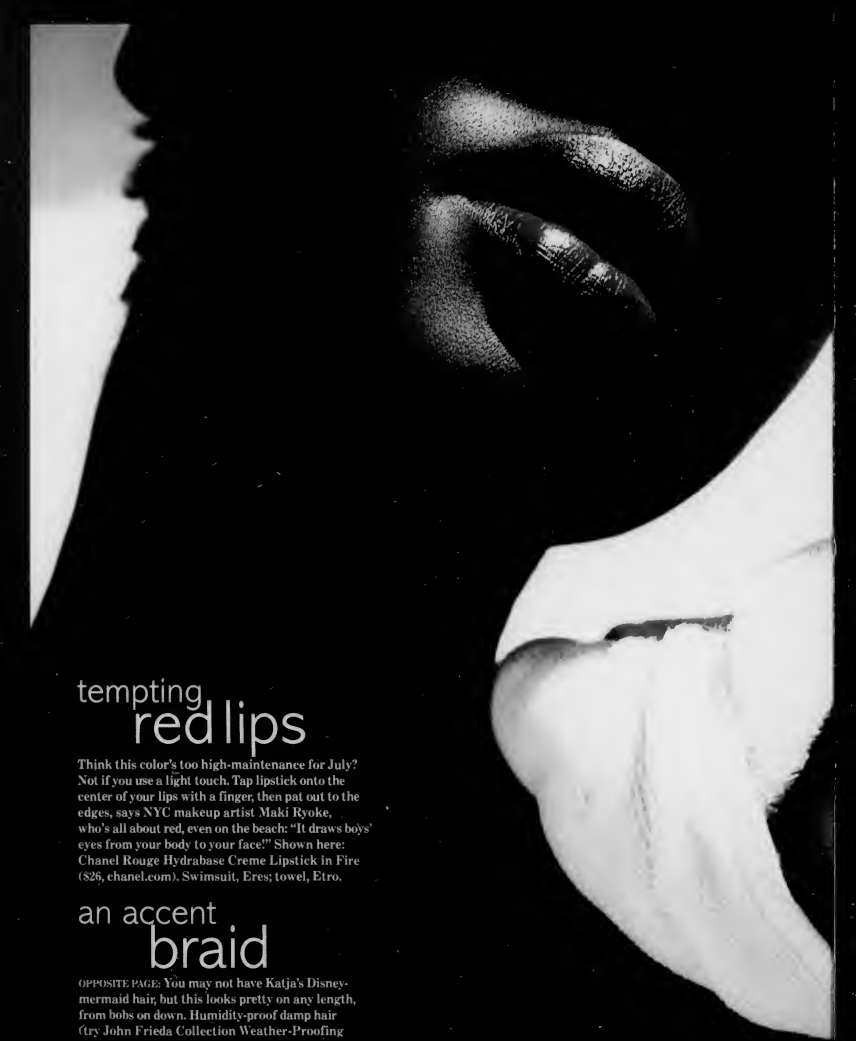

MER
THESE SEX
BEAUTY TRICKS
TRACT
THE BEST KIND OF ATTENTION, ENJOY
BY PETRA GUGLIELMETTI
PHOTOGRAPHS BY DAVID SLIPER



tempting red lips

Think this color's too high-maintenance for July? Not if you use a light touch. Tap lipstick onto the center of your lips with a finger, then pat out to the edges, says NYC makeup artist Maki Ryoke, who's all about red, even on the beach: "It draws boys' eyes from your body to your face!" Shown here: Chanel Rouge Hydrabase Creme Lipstick in Fire ($26, chanel.com). Swimsuit, Eres; towel, Etro.

an accent braid

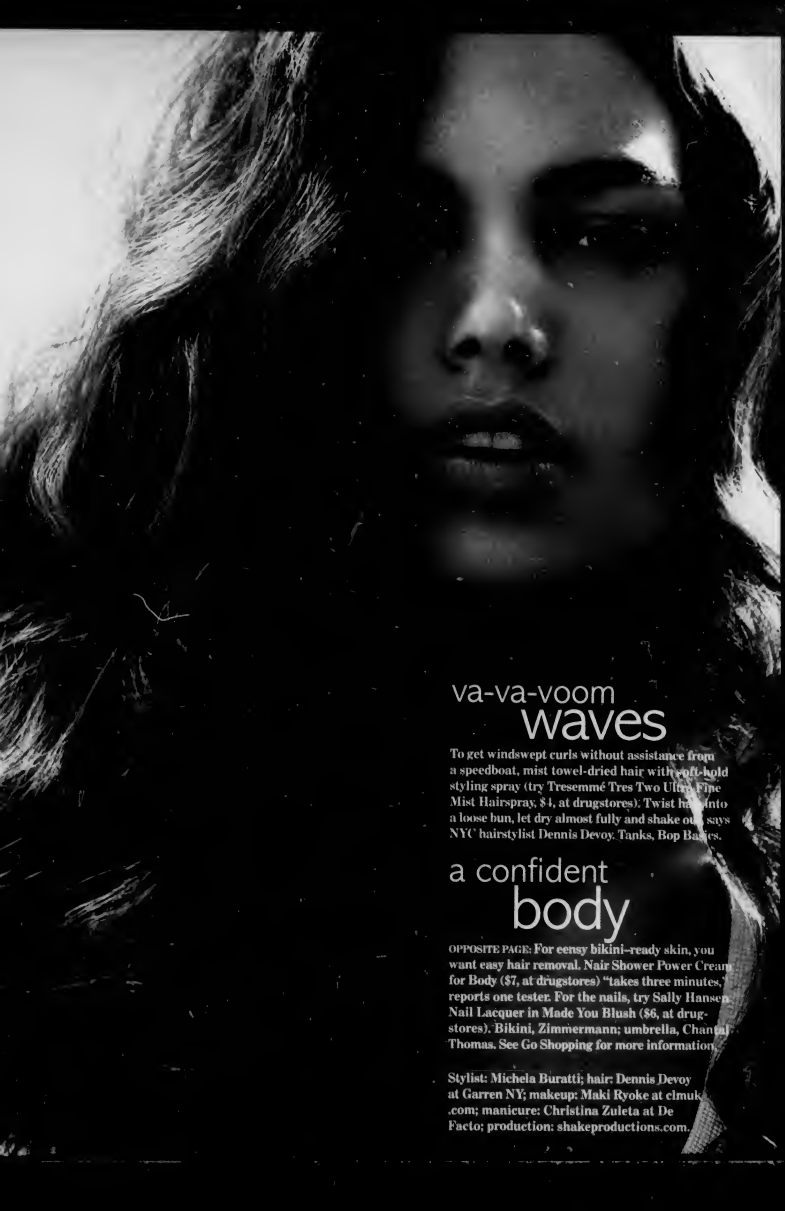
OPPOSITE PAGE: You may not have Katja's Disney-mermaid hair, but this looks pretty on any length, from bobs on down. Humidity-proof damp hair (try John Frieda Collection Weather-Proofing Style Sealant Creme, $6, at drugstores), then make a mini French braid at your part, letting the tail hang loose. Add dark nails to contrast innocent and not so innocent. Swimsuit, Abaeté.

sea blue eyes

Save this flashy idea for night, lest your girls exile you from the beach blanket. For meltproof color, fill in lids with a deep blue waterproof eyeliner (like Lancôme Le Stylo Waterproof in Minuit, $23, lancome-usa.com) and finger-blend. Press gold shadow on top to add twinkle. If you want to really go diva, smudge green pencil into your crease.

a buffed, bare back

OPPOSITE PAGE: 'Tis the season for backless dresses—time to polish up your rear view. Who needs a spa scrub when plain old sand leaves your skin just as silky (and doesn't expect a tip)? Have a pal massage some onto your back, then towel-shimmy it off. Bikini, Emilio Pucci.



va-va-voom waves

To get windswept curls without assistance from a speedboat, mist towel-dried hair with soft-hold styling spray (try Tresemmé Tres Two Ultra Fine Mist Hairspray, $4, at drugstores). Twist hair into a loose bun, let dry almost fully and shake out, says NYC hairstylist Dennis Devoy. Tanks, Bop Basics.

a confident body

OPPOSITE PAGE: For eensy bikini–ready skin, you want easy hair removal. Nair Shower Power Cream for Body ($7, at drugstores) "takes three minutes," reports one tester. For the nails, try Sally Hansen Nail Lacquer in Made You Blush ($6, at drugstores). Bikini, Zimmermann; umbrella, Chantal Thomas. See Go Shopping for more information.

Stylist: Michela Buratti; hair: Dennis Devoy at Garren NY; makeup: Maki Ryoke at elmuk.com; manicure: Christina Zuleta at De Facto; production: shakeproductions.com.

Summer 2008's Big Dos

We've got your best people-watching moments of the

Steve Mc-Queen goes designer: Dolce & Gabbana T-shirt, $245, 877-703-4872 for stores.

Ashley Tisdale wears Kate Moss.

Rachel Bilson goes for Marilyn.

And Naomi Campbell sports Prince.

Everybody's got 'em: face tees

This year, stars are all about wearing their favorite celebs. And that's a Do. But when you are your favorite celeb? You guessed it: a Don't!

Grab a cover-up!

Do throw on a cute, comfy dress to go from home to the beach to afternoon mojitos. But the cropped top and sheer PJ pants—sorry, a Don't.

FACE TEES: DON'T: JENNIFER BAILEY/PACIFIC COAST NEWS; TISDALE: VIDEOS/CELEBRITY/PLUS/X17 NEWS; BILSON: JAMES BIRESDOW/PACIFIC COAST NEWS; CAMPBELL: FAMOUS/STARTRAKS PHOTO NEWS; DO: TISDALE: ANDREW H. WALKER/GETTY IMAGES; BILSON: JEFF VESPA/WIREIMAGE.COM; CAMPBELL: AMY GRAVES/WIREIMAGE.COM; BLACK GLADIATOR DON'T: IAB PROMOTION/WIREIMAGE.COM; STILLS: JEFF RANIERI. ALL OTHERS: RONNIE ANDREN

& Don'ts!

season. Turn the pages to gawk, gasp, read and relate.

Hey, curls are back!

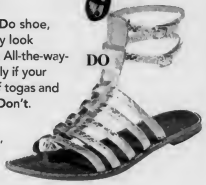
Smooth ringlets, like Amy Adams' *Enchanted* hair, are a **Do**—and (thank goodness) humidity-proof. But the super-short bangs below get **Don't**y.

NEW TREND:

gladiator sandals

They are summer's Do shoe, especially when they look like the pair at right. All-the-way-up-the-leg ones? Only if your wardrobe consists of togas and swords. Otherwise, **Don't**.

Sam Edelman sandals, $89, 877-932-7726 for stores



94% say they're a DON'T!

Bare-it-all bikini bottoms

Your votes are in: Even on the best tushes, these dental floss bottoms are a **D-O-N'-T!**

Look away, kids!

See Go Shopping for more information.

Suri hair: a **Do**!

That chic little Cruise kid started a trend, and it's adorable. Best way to keep a bob looking fresh? Add high-drama bangs, like these celebs did.

MANDY CODY

CHRISTINA RICCI

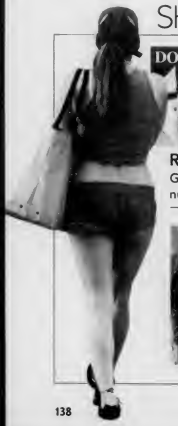
MARY J. BLIGE

SELMA BLAIR

Mini vests everywhere

The '08 way to layer? Do throw a snug vest over a longer top. But too bare or corset-y is a Don't.

SHORTS! SHORTS! SHORTS!



RETURN OF THE UNDER-BUM!

Great butt or not, these popular itty-bitty disco numbers are a triple-X Don't.

WHY-BOTHER SHORTS

The unzipped, falling-down look started on teenage boys—and you know what? They can keep it! Don't!

COOL, CLASSIC KHAKIS: A DO

Yup, khakis can be trendy! Love 'em with the gold accessories, like these safari-style Dos.

CODY: DAVID LONGENDYKE/EVERETT COLLECTION. RICCI: GETTY IMAGES. BLIGE: REX USA. BLAIR: KRISTIN CALLAHAN/EVERETT COLLECTION. SUIRI: TRISTAN FEWINGS/GETTY IMAGES FOR MC-CORMACK/IMPERIALE.COM. BERRY: SUPRIZ PHOTO AND REPS. MURPHY: RICARDO SAN/IMPERIALE.COM. MARIAH: STEWART COOKE/REX USA. CARTER: DOS: DON'T: CLOTHES: COURTESY OF BRANDS. SHOES: COURTESY OF LORA PRESS DON'T: COURTESY EVERETT COLLECTION. HEIDI: ROBERT INGELHART/GETTY IMAGES. MILEY: KARA PHOTO STILL. ALL OTHER: COURTESY OF BRANDS

Rate readers' summer Dos & Don'ts at **glamour.com/dosanddonts**.

Do wear your opinion!

Wearing the flag or taking a stand—it's a **Do** this year no matter what your politics or party.

DO

BRITTANY MURPHY HALLE BERRY JOSIE MARAN

VICTORIA BECKHAM

We ♡ long dresses

Mini, schmini! To-the-floor maxi dresses are a chic daytime **Do**. Just remember: Gingham will look nightgowny, like a circa-1890 **Don't**.

DON'T

DO

DON'T

This much is overload—unless you're running for office!

DO

The new '08 hat

Do keep the sun out of your eyes in a fun straw fedora. Brit's bird topper? *Très* cute!

Groovy splurge: Patricia Underwood hat, $275, 212-268-3774, ext. 13

Summer crack attack!

We've all been there—wishing we had a shirt to tie around our waists when we bend down to pick something up—but even on the best body, in the fanciest zip code, the NC-17 show is a **Don't!**

Craaazy cleavage Don'ts!

Squeeezing into—or spilling out of—a too-tight, too-teeny top? Always a Don't. It just looks painful!

Look, Ma...no bra!

This trend is everywhere these days—but you're not buying it! Even for the perkiest, you told us the no-bra thing is a **Don't.** (A comfy option: something stretchy and wireless.)

91% say it's a DON'T!

Readers voted: This look is hard to pull off whether you're an **A-cup...** a **B-cup...** or a **C-cup.**

SOPHIE DAHL, FROM LEFT: JPUSH/HERS; WHAT FOR; SALLY GARTH FOR MIU MIU/ET; SETH ELLIS
DON'T: TELEA; WHAT FOR | WANT FOR/SHOPBOP.COM; ALL OTHERS, **FROM MYSELF**

Sexy Do: unskimpy bikinis

A great-cut bikini that actually covers you up never goes out of style. These ladies are knockouts!

73% say it's a DON'T!

MINI SHORTS WITH BOOTS

We realize that no one's paying attention to her footwear—but, still, boots with hot pants? It's a **Don't**, you voted.

Leggings: still a **Do**

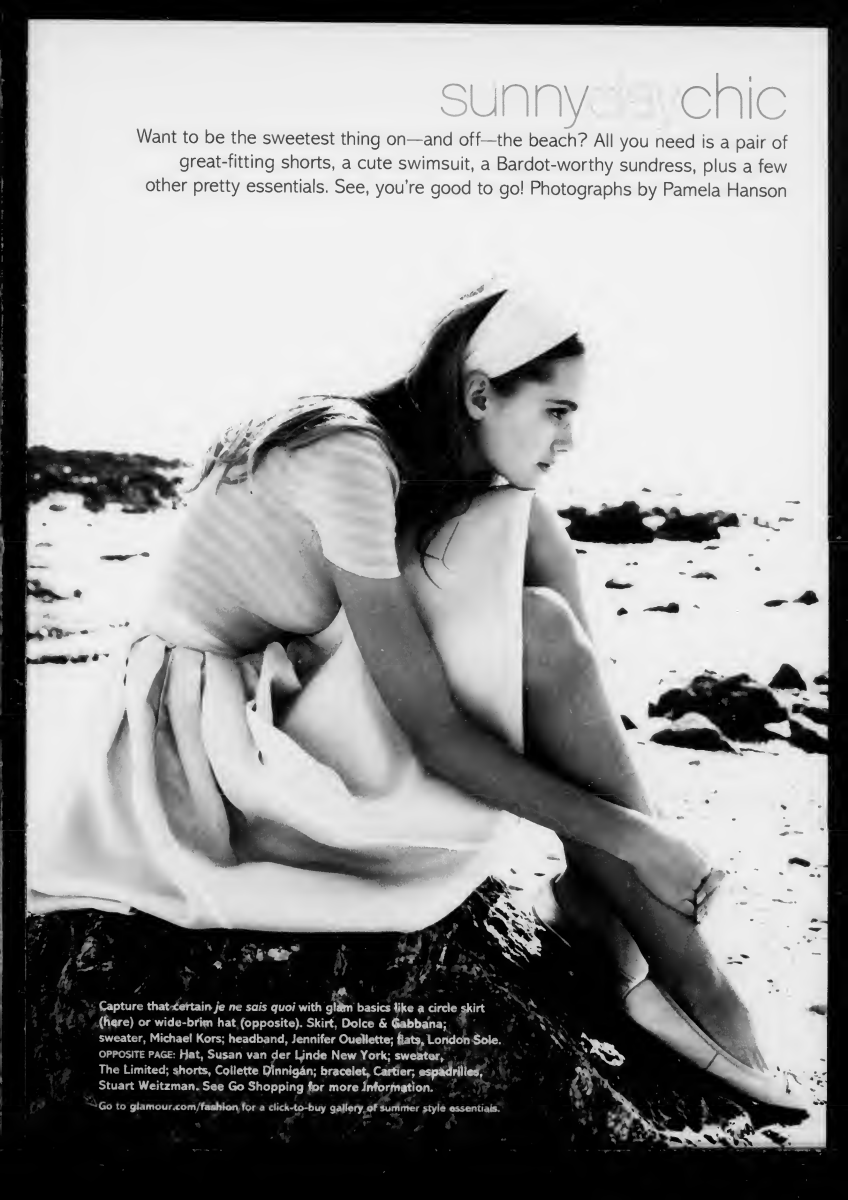
They're looking especially chic now under a short dress or long tunic. Love 'em with graphic, seventies-style prints, too. Nice!

What's with the hair?

Clip-in hair extensions can look like the real thing. Just **Don't** try anything this insane.

sunny day chic

Want to be the sweetest thing on—and off—the beach? All you need is a pair of great-fitting shorts, a cute swimsuit, a Bardot-worthy sundress, plus a few other pretty essentials. See, you're good to go! Photographs by Pamela Hanson



Capture that certain *je ne sais quoi* with glam basics like a circle skirt (here) or wide-brim hat (opposite). Skirt, Dolce & Gabbana; sweater, Michael Kors; headband, Jennifer Ouellette; flats, London Sole. OPPOSITE PAGE: Hat, Susan van der Linde New York; sweater, The Limited; shorts, Collette Dinnigán; bracelet, Cartier; espadrilles, Stuart Weitzman. See Go Shopping for more information.

Go to glamour.com/fashion for a click-to-buy gallery of summer style essentials.

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A retro polka-dot print feels feminine, fun and vacation-perfect. Dress, Agnès B.; sunglasses, Linda Farrow Vintage; earrings, Raul Frisneda; belt, A.P.C.; watch, charm bracelet, purple bracelet, Cartier; snake chain bracelet, CharmCo; bag, Louis Vuitton. See Go Shopping for more information.

Sometimes less is more—as with this tee and leggings combo (capri pants work too). It's sophisticated *because* it's so simple. Sweater, Gap; leggings, American Apparel; ring, Chanel; flats, Lanvin. See Go Shopping for more information.

Sometimes less is more—as with this tee and leggings combo (capri pants work too). It's sophisticated *because* it's so simple. Sweater, Gap; leggings, American Apparel; ring, Chanel; flats, Lanvin. See Go Shopping for more information.

What would summer be without a classic, crisp white blouse? Top, Snak; shorts, Luisa Beccaria; bag, Helen Kaminski. On her eyes: Chanel Soft Touch Eyeshadow in Sand, $28, chanel.com. See Go Shopping for more information.

Editor: Maggie Mann; hair: Miok for Bumble and Bumble Salon at Judy Casey, Inc.; makeup: Mike Potter at See Management; prop stylist: Shane Klein at workgroup-ltd.com; production: Peter McClafferty.

The hot weather must-have: a breezy, easy dress. And if the wind catches you? Hey, embrace your Marilyn moment! Dress, Ralph Lauren Blue Label; bra, Marc Jacobs; belt, Blugirl; flats, FS/NY French Sole. See Go Shopping for more information.

WEAR IT MATTE

It's not your grandma's coral (love ya, Grandma!). For a shade like our model's, try L'Oréal Paris Infallible Lipcolour in Apricot ($12, at drugstores). Apply lip balm first, since matte textures can be a bit drying. Then use a lip brush; with bright colors, you want to be neat. Swimsuit, Luisa Beccaria; hat, Patricia Underwood. See Go Shopping for more information.

Every Woman's Prettiest Lip Color

Coral isn't just the trendy lip shade of the season; it's the most flattering makeup color that you've never put on. Trust us—you'll instantly look glowier, brighter and generally greater for as little as five bucks. Buy in!

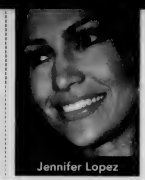
By Baze Mpinja Photographs by Patrick Demarchelier

CORAL

HOLLYWOOD HOT LIPS

Jennifer Hudson

Drew Barrymore


Jennifer Lopez

Jennifer Aniston

THE LOOK	A shiny mouth and shimmery eyes: sexy!	Wear color *only* on lips (how easy is that?)...	...or chic it up with matchy lips and cheeks.	The weekend way: a nudish coral.

MAYBELLINE, $7 New York Moisture Extreme in Peach Colada (at drugstores)
L'ORÉAL PARIS, $9 Colour Riche Nurturing and Protective Lipcolor in Volcanic (at drugstores)
GIVENCHY, $27 Rouge Interdit Shine Ultra Shiny Lipstick in Sun Shine (sephora.com)
CLARINS, $23 Joli Rouge in Hawaiian Coral (clarins.com)
CLINIQUE, $14 Colour Surge Lipstick in Coral Crush (clinique.com)
DIOR, $25 Addict High Shine Lipstick in Sensation Coral (sephora.com)
REVLON, $9 Moon Drops Lipstick in Hot Coral (at drugstores)
PRESTIGE, $5 Satin Pearl Lipstick in Fire (at drugstores)
GUERLAIN, $28 KissKiss Stick Gloss in Mango Fizz (sephora.com)
CHANEL, $26 Aqualumiere Sheer Colour Lipshine in Hawaii (chanel.com)
YSL, $29 Rouge Pur Lipstick in Rosy Coral (yslbeautyus.com)
ESTÉE LAUDER, $20 Pure Color Long Lasting Lipstick in Melon (esteelauder.com)

THE 12 BEST CORALS AROUND

Pick your color, pick your price!

4 GROUND RULES FOR BRIGHT LIPS

1 **Get rid of flakes**—bold lipstick plays up any sign of lip crud. "Gently brush your mouth with a wet toothbrush," says Meli Pennington, the makeup artist for this story. Or buff lips lightly with a damp washcloth in the shower.

2 ***No* obvious lip liner!** It's the makeup equivalent of panty lines, and it looks even worse with a hel-lo! color. An invisible one like Revlon ColorStay Lipliner in Clear ($8, at drugstores) defines without a hard edge.

3 **Go light.** "Brights seem fresher when they're sheer instead of opaque," says Pennington, "especially if they're pinkish—that can look like cake frosting."

4 **Try a metallic.** Warm colors like coral look extra sexy when flecked with bronze. Try the Givenchy at left, or layer lipstick with a bronzy gloss.

STILLS: SPENCER LAMOREAUX; PROP STYLIST: DYLAN EGON SAMUELS. HUDSON: GREG.DEGUIRE/WIREIMAGE.COM. BARRYMORE: KEN BABOIAN/IPOL/GLOBE PHOTOS. LOPEZ: MIKE GUASTELLA/WIREIMAGE.COM. ANISTON: GREG.DEGUIRE/WIREIMAGE.COM

WEAR IT GLOSSY

Perfect if you have a fear of brights. For this translucent look, try Rimmel London Sweet Jelly Lipgloss in Sugar (S6, at CVS). After you put it on, dust loose powder around your mouth to smearproof it.

Editor: Xanthipi Joannides; hair: Raymond McLaren at Kramer + Kramer; makeup: Meli Pennington at melipennington.com; production: Jacques Zolty.

A GReAT STRaW HaT

Sure, they're practical, but the newest ones, with colorful embroidery, are flirty, too! Hat, $795, Miss Borsalino; swimsuit, Marni; necklace, S.Sung at ravinstyle.com. On her lips: N.Y.C. Lippin' Large Lip Plumper in Peach Parfait, $4, at drugstores. See Go Shopping for more information.

YOUR SuMMeR ExTRaS

All the accessories you need to look chic from now till Labor Day—at prices from high to crazy low! Photographs by Walter Chin

$13 SaNDaLS

Snap 'em up for your dresses, swimsuits, jeans and shorts! Thongs, Old Navy. See Go Shopping for more information.

A $15 SeT OF BaNGLeS

Casual straw styles work even at the beach. Medium-width bangles, $15 for a set of two, M. Haskell; red-and-yellow bangles, $198 for a set of four, Peruvian Connection; wide bangle, $68, Surevolution; all others, $40 each, Chan Luu; swimsuit, Missoni; bag, Jamin Puech; towels, Syla. See Go Shopping for more information.

A SeXY HaIR SoLUTIoN

Bandannas are the Hollywood way to pull together your look—and cover soppy strands. Scarf, $42, Epice; bikini, Malia Mills; sunglasses, Oliver Peoples; earrings, Yvone Christa New York. See Go Shopping for more information.

A TaKE-WITH-YOU-EVeRYWHeRE ToTE

This one does double duty from the beach to the barbecue. The brighter, the better! Bags, $70 each, Roberta Roller Rabbit by Roberta Freymann. See Go Shopping for more information.

Editor: Xanthipi Joannides; hair: Raymond McLaren at Kramer + Kramer; makeup: Paige Smitherman at Walter Schupfer Management.

OODLES OF
$20 NeCKLaCES

At the beach, what you want is *color*, not bling. (Flip to page 117 to see how *that* works out!) Pom-pom necklaces, $18 each, fabric bead necklaces, $20 each, Zad; bikini, Jean Paul Gaultier. See Go Shopping for more information.

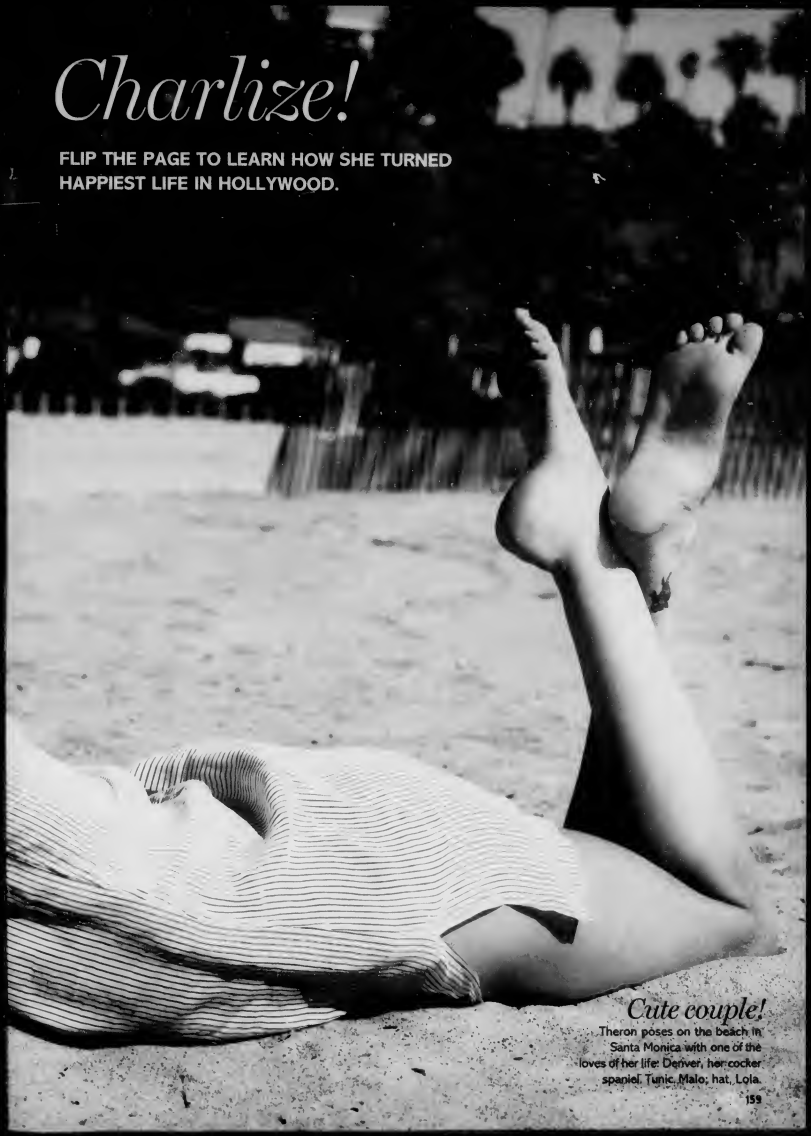
Hey, it's

SHE'S SMART, OPINIONATED AND SUFFERS NO FOOLS. A TOUGH CHILDHOOD INTO THE

By Skip Hollandsworth Photographs by Patrick Demarchelier

Charlize!

FLIP THE PAGE TO LEARN HOW SHE TURNED HAPPIEST LIFE IN HOLLYWOOD.



Cute couple!
Theron poses on the beach in Santa Monica with one of the loves of her life: Denver, her cocker spaniel. Tunic, Malo; hat, Lola.

Live in the moment

"I don't believe in making five-year plans," says Theron. "I try to live the life I want [right now]." Bikini top, Malia Mills; necklace, Satya Jewelry. See Go Shopping for more information.

Editor: Xanthipi Joannides; hair: Enzo Angileri for Cloutier Agency; makeup: Shane Paish for celestine agency.com; manicure: Libbie Simpkins for celestineagency.com; production: Peter McClafferty.

When people in the movie business talk about Charlize Theron, they use a lot of predictable descriptions. Beautiful, of course. Sexy, ditto. Bombshell? Yeah, yeah. • But those who actually have had conversations with the woman will use adjectives you probably wouldn't expect. "Fiercely intelligent," for one. "Gloriously opinionated," for another. And how about this: She's an actress who, in the words of one high-powered film agent, "refuses to be shallow, on-screen or off." • Maybe that's because Theron, who grew up in South Africa under apartheid, was exposed to intense, thought-provoking experiences at a young age: As a teenager she was present as her mother, Gerda, shot and killed Charlize's drunken and reportedly abusive father, Charles. (Her mother, who remains very close to Charlize, was never charged; authorities ruled that she acted in self-defense.) When Theron left her home at 16 to model in Milan, she was told she could become one of the world's top models if she just lost five pounds. But modeling was never her passion, so it was off to New York, where she pursued dance at the Joffrey Ballet School but had to quit when her knees failed. Next up, Los Angeles—and this is where the fairy tale kicks in: Theron, who'd never acted, lived in a cheap hotel, stole rolls from bread baskets and was discovered by a talent manager while she was cashing a check at a bank. Soon she was being offered what critics might call "babe roles," and she took some, in *2 Days in the Valley* and *Devil's Advocate*. But Theron craved more substantial parts, so she gained 30 pounds to play a serial killer in *Monster*, the role that won her the 2003 Best Actress Oscar.

Since then the 32-year-old A-lister has focused on playing complicated women. This month, though, she costars in the Will Smith comedy *Hancock*. Surprised that super-serious Theron took on a role in a movie primed for blockbuster status? Well, get ready. This actress is full of surprises, especially when you get her talking. She's got lots of opinions, some controversial, which she defends intelligently, and she can be laugh-out-loud funny. Despite the fact that she's recovering from the flu, she agrees to meet me at Hollywood's Chateau Marmont hotel, and as she relaxes her five-foot-ten-inch frame into the couch, I get right to the point: Why is she obsessed with playing complicated women?

CHARLIZE THERON: I'm sorry to be the one to tell you this, Skip, but women *are* complicated.

GLAMOUR: Yes, of course, but...

CT: And women are not allowed to be [complicated] in our society. We still very much have a Madonna-whore complex [when it comes to women in movies]. We're comfortable seeing women as great mothers, and then we're comfortable seeing them as hookers, but there's no in-between. And cinema *definitely* hasn't celebrated it at all. I think that's why my role as [serial killer] Aileen Wuornos in *Monster* stirred people up. We've never seen a woman do things like that, but we're comfortable watching Jack Nicholson do it.

> *"[My father] was an alcoholic. I could have gone through life not taking responsibility and saying, 'I didn't have an example.' But I actually had the best example...of what not to do."*

GLAMOUR: Do you feel frustrated that there aren't more scripts written about real, complicated women?

CT: One out of every 10 or 20 scripts has that kind of character. I always ask writers, "Why don't you write more of these stories?" And they say, "People have issues with a woman who's flawed and conflicted. She's not going to be likable."

GLAMOUR: Well, it's a lot of fun to watch you play the sexpot. There are some men in this country, in fact, who think your performance in that Dior commercial, where you walk down a hallway and take off your clothes, is one of your finest moments in front of a camera.

CT: [*Laughs.*] I've always been comfortable with my sexuality. I'm blessed to have been raised by a woman who never made me feel ashamed about what's underneath my clothes. That's a part of me and I don't run away from it.

GLAMOUR: Speaking of taking off clothes, you once said you were very amused at the way Americans are afraid of topless beaches.

CT: [*Laughs.*] It bothers me that in this society, it's OK seeing a guy blow another's head off, but a child seeing Janet Jackson's boob at the Super Bowl is the worst thing that could happen. It's not the end of the world! It's just a breast!

GLAMOUR: I read that your mother taught you the philosophy that you don't ever want to be lying on your deathbed and asking yourself, "Why didn't I do that?"

CT: My mother is one of those very unusual, superb human beings—she's innately strong and incredibly smart. She created an environment for me to explore [who I was]. When I was 18 years old and my knees gave out, I was living in a friend's basement in New York City and feeling depressed. She said to me, "If you're going to wallow in self-pity, you can do that back in South Africa. Now, what do you want to do with yourself?"

GLAMOUR: And that's when you decided to move to Los Angeles. One thing you haven't talked about publicly for a long time is the tragedy that took place with your father. But recently, on a trip back to South Africa to introduce a mobile HIV treatment and education clinic you are sponsoring, you told some teenagers about him. What did you say?

CT: These kids deal with death every day. Many of them do not have one or both parents, and I thought [talking about my father] was a way for me to say, "Whether you *(continued on page 179)*

Get some exercise

"Movement is like medicine," says Pam Peeke, M.D., author of *Body for Life for Women*. "When you exercise regularly, you change your body composition, including reducing fat—and fat produces estrogen, which can contribute to breast cancer." Studies have found that women who exercise for two to three hours a week can lower their risk of breast cancer by 20 to 30 percent. Boosting physical activity can also cut colon cancer risk by as much as 40 percent.

Stop after one drink

Alcohol can increase your risk of several cancers, such as mouth and liver—especially if you overdo it. And one recent study found that women who had more than three drinks a day raised their chances of breast cancer by an alarming 30 percent.

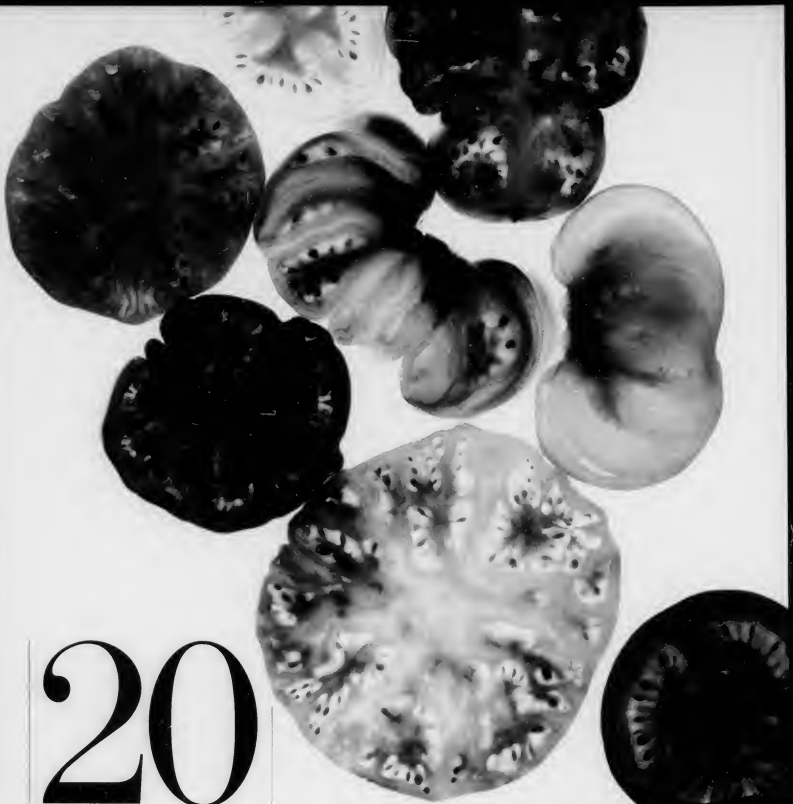
PROP STYLIST SARA WACHSMAN. FOOD STYLIST ED GABRIELS FOR HALLEY RESOURCES

how not to get CAN

Pile on the fruits and veggies
"When it comes to fruits and vegetables, you can't eat too much. Studies show that people with the highest intake have the lowest cancer risk," says Dr. Peeke. "And fruits and veggies are powerhouses of antioxidants, minerals and nutrients that keep cells healthy."

Cancer. If the word alone scares you, it may help to know that at least half of all deaths from the disease are preventable. "Although some people can do everything right and still get cancer," says the American Cancer Society's Colleen Doyle, R.D., "we've learned *a lot* about reducing risk." Doyle and other experts contributed to this list of 15 easy, concrete ways to tip the scales in your favor—use it! By Ginny Graves Photographs by Jonathan Kantor

CER



20

cancer-fighting foods to eat all summer long

A healthy, balanced diet is key, experts say, but these foods may have an extra punch.

✻

Tomatoes

Studies suggest that having a tomato-rich diet may help lower the risk of developing both lung and stomach cancer.

✻

Spinach

*Its deep green leaves are packed with lutein, vitamin A and folate, nutrients that may help prevent colon and ovarian cancer. (Also try **kale**, **collard greens**, **arugula** and **dandelion greens**.)*

✻

Curry

Yellow curry contains curcumin, a pungent spice that may help prevent melanoma and other types of cancer cells from proliferating.

✻

Broccoli

*This cruciferous veggie, along with **broccoli sprouts**, **cabbage**, **bok choy**, **cauliflower**, **watercress** and **Swiss chard**, contains phytochemicals that may cut the risk of stomach, breast and skin cancers.*

✻

Blueberries

*These, like **blackberries**, **raspberries**, **strawberries**, **cranberries** and **red grapes**, contain antioxidants such as polyphenols, which counteract and repair cell damage.*

Keep your weight stable

Your jeans getting a little tighter as you get older—no big deal. But putting on 21 to 30 pounds after age 18 may hike your risk of breast cancer later in life by 40 percent. How to keep the scale steady: "Weigh yourself regularly," says James Hill, of the University of Colorado Denver, whose study of successful dieters found this one step was key to avoiding pound creep. If you pack on more than a few, dropping the weight may bring your risk back down. (For a healthy eating and exercise plan, go to glamour.com/bbg.)

Get enough of the sunshine vitamin

Mounting research suggests that vitamin D, which many Americans are deficient in, can help prevent breast, ovarian and colon cancer. Your body can make D from the sun: If you're pale, that means 10 minutes daily; brown-skinned women may need up to 30 minutes of exposure. (Be sure to apply SPF directly after.) Or get at least 1,000 IU of vitamin D every day from a supplement or food like cooked salmon and canned tuna.

Quit smoking *now*

Cigarettes are responsible for one in three cancer deaths in the U.S. "If everyone stopped smoking tomorrow, lung cancer would become relatively rare in 20 years," says Thomas J. Glynn, Ph.D., director of cancer science and trends at the American Cancer Society. And nonsmokers: Feel free to object when the people around you smoke. Living or working with a smoker increases your lung cancer risk by up to 30 percent.

Think what brown can do for you

As in brown rice and fiber-rich bread and pasta. Between 1973 and 2001, cases of deadly esophageal cancer rose from 300,000 to 2.1 million worldwide. One possible theory: During that time, intake of refined carbs like sugar and packaged, processed foods jumped too. "Fiber is like a sponge, soaking up harmful compounds in the gut and whisking them out of the body," says Rachel Beller, R.D., who specializes in nutritional oncology.

Make steak a treat, not a staple

Women who eat two ounces of red meat daily may have a 30 to 40 percent higher risk of colon cancer over time than women who eat it a couple of times a week. "Meats are OK once in a while," says Doyle, ACS's director of nutrition and physical activity. "But stick with mostly lean poultry, fish or vegetarian options."

Wear SPF!

"Sun exposure is like smoking: They both age your skin—and they both can kill you," says Seth Matarasso, M.D., clinical professor of dermatology at University of California at San Francisco. Make sunscreen part of your daily routine.

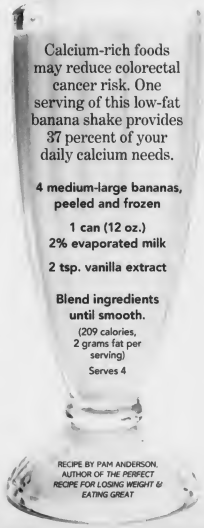
Go organic (at least sometimes)

"Some pesticides have carcinogenic potential," says Alyson Mitchell, Ph.D., associate professor of food science and technology at the University of California at Davis. Don't feel like paying $4 for a banana? Choose organic just for produce that is most heavily treated with pesticides, like peaches and strawberries.

Grill safely

Nothing says summer like barbecue. But researchers recently found that women who regularly ate grilled meat more than once a week had a 47 percent higher risk of breast cancer than women who ate it once a week or less. Why? Cooking meat at high temperatures, whether by grilling, frying or other methods, creates potentially cancer-causing chemicals. But grilling can pose an extra risk. When fat drips onto hot coals or burners, it produces carcinogenic smoke that binds to food. Meat is considered the worst offender, since its higher fat content makes it drip and smoke more. To play it safe, choose lean cuts and don't char the meat.

THE ANTICANCER MILKSHAKE


Calcium-rich foods may reduce colorectal cancer risk. One serving of this low-fat banana shake provides 37 percent of your daily calcium needs.
4 medium-large bananas, peeled and frozen
1 can (12 oz.) 2% evaporated milk
2 tsp. vanilla extract
Blend ingredients until smooth.
(209 calories, 2 grams fat per serving)
Serves 4
RECIPE BY PAM ANDERSON, AUTHOR OF THE PERFECT RECIPE FOR LOSING WEIGHT & EATING GREAT

Consider the Pill

Taking oral contraceptives that contain both estrogen and progestin for even a short period of time can lower your risk of the most common form of ovarian cancer, a University of Hawaii study found this spring. (Being on the Pill for more than 10 years may reduce risk by as much as 80 percent.) Even after you stop using the Pill, benefits can last for years.

Get the HPV vaccine

The Centers for Disease Control recommends that girls and women ages 11 to 26 get the HPV vaccine called Gardasil, which helps protect against cervical cancer. But even older women should consider it, says Diane Harper, M.D., director of the Gynecologic Cancer Prevention Research Group at Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire. "This is not a virgin vaccine," she says. "It's effective regardless of age and sexual activity."

Breast-feed if you can

You always hear about the health benefits for babies, but it's good for moms, too. Research shows that if American women breast-fed each of their children for 15 months, up to 11 percent of breast cancer cases might be prevented annually. "Even breast-feeding for at least six months over your lifetime—say, three months for two children—will give some benefits," says Anne McTiernan, M.D., Ph.D., coauthor of *Breast Fitness*.

Find your inner optimist

More than a third of adults believe they have little control over whether they get cancer, says Doyle. That's bad news, since surveys show that people who believe they have more control are more likely to exercise regularly and eat fruits and vegetables. "There are things we can do every day to reduce our cancer risk," says Doyle. Now's the time to start.

101 ways to have the best sex of your life

Sure, sure, *Glamour*'s a fashion magazine, but for these four pages, let's just pretend that you're going to spend the entire summer naked. What to do/feel/think/try in your undressed state? Oh, let us count the great-sex possibilities.... By Kimberly Bonnell and Pamela Redmond Satran

10 songs to get you in the mood

1 **Ooh La La,** Goldfrapp
2 **Je T'Aime...Moi Non Plus,** Serge Gainsbourg and Jane Birkin
3 **I Wanna Be Your Lover,** Prince
4 **Got 2 Be Down,** Robin Thicke (featuring Faith Evans)
5 **Boogie on Reggae Woman,** Stevie Wonder
6 **Sea of Love,** Cat Power
7 **Lover's Spit,** Broken Social Scene
8 **Knot Comes Loose,** My Morning Jacket
9 **Greatest You Can Find,** Keren Ann
10 **Gimme Shelter,** The Rolling Stones

12 little relationship rituals with big sex payoffs

1 Showering together on a workday. (He can wash your hair just as quickly as you can.)
2 Saving the last day of vacation to be at home together, without telling anyone you're back.
3 Dirty texting in the middle of a 3 P.M. meeting.
4 A new rule: Never keep a compliment to yourself; say it!
5 One dessert, two spoons and the lady gets the last bite.
6 Meeting sweet at the airport after one of you has been away.
7 Sitting in the last row of the movie theater.
8 Sleeping-naked Sundays.
9 Clean-sheets Wednesdays.
10 Holding his knee and singing old songs on long car trips.
11 Leaving your prettiest, laciest hand-washables out to dry.
12 Always saying good night, whether it's with total entwinement or just "night, dude."

4 crazy sex things other women do

"While my boyfriend watched TV, I pranced out in a schoolgirl outfit for a striptease. No one knows about my secret 'wardrobe' except us." —AMY, 33

"I'm pretty conservative, but my boyfriend and I tried out the sex toys he brought home one day. The relationship is over, but those toys moved right on with me!" —JOY, 22

"We had sex while my family was eating Christmas dinner in the next room. No one even noticed we were gone!" —BRANDICE, 26

"My boyfriend wanted to have a threesome—with another guy. So we went for it. Funny thing is, it turns out the boys hardly even touched! He chickened out, but I loved it." —NICOLE, 26

4 excuses to be naked now

1 Wouldn't want to drip mango on that white dress.

2 If it's not organic, I really shouldn't wear it.

3 Must do full-body exfoliation and deep moisturizing session right this minute.

4 Global warming!

Couple Cam

Q: Sex on the beach: great or overrated?

Zach Small, 24, and Stephanie Cabana, 20; together one year

Zach: I think it's a good idea.

Stephanie: If properly done. It could get messy, and then that's not sexy. So maybe on a lawn chair or in a lifeguard house or something.

Zach: Yeah, how about the lifeguard house? Let's go!

Patrick Laflamme, 35, and Pascale Laflamme, 30; married one year

Patrick: It's great, except you're always afraid that somebody's going to find you—you want to be away from any lights. And if somebody does walk by...

Pascale: You try to stall and stop and control yourself...

Patrick: And be quiet...

Pascale: We had fun last night on the beach. Do you want to elaborate?

Patrick: No!

HEADPHONES: ANNE SCHLEICHTER. COUPLE AT THE BEACH: PADULI/GETTY IMAGES. PALMS: MOST WANTED. HAMMER BROS. (COURTESY EVERETT COLLECTION). STILL: JEFF HARRIS. 2: PHILLIP LIM WHITE DRESS. COUPLE CAM: DAN HALLMAN

Couple Cam (continued)

Gina Georgiou, 32, and Ajay Khan, 28; together two years

Gina: We had sex in the sea.

Ajay: Yeah, it was great, but sex on the beach is overrated. You get burned.

Gina: We started on the sand, but I prefer the water!

Michel Sassoon, 35, and Ana Terc, 27; together 10 months

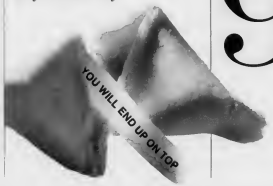
Michel: I would think the sand would be uncomfortable.

Ana: Yeah, getting inside your area...

Michel: Friction is nice, but not that type of friction!

12 best (actual!) fortune cookie fortunes to add "in bed" to

1 You will end up on top.
2 You will be rewarded for your patience.
3 An alien of some sort will be appearing to you shortly.
4 Your eyes will soon be sparkling, keep them open.
5 Avoid taking unnecessary gambles.
6 You may attend a party where strange customs prevail.
7 You will make many enduring partnerships this year.
8 Your talents will be recognized and suitably rewarded.
9 Now is the time to make circles with mints.
10 Don't kiss an elephant on the lips today.
11 You have unusual equipment for success. Use it properly.
12 A watermelon on the roof only rolls one way.



FORTUNE COOKIE: PAUL AVIS/GETTY IMAGES; SWIMMING POOL: FOCUS FEATURES/COURTESY EVERETT COLLECTION; FRENCH BOOK: JUPITER IMAGES; COMMANDO: BAUER-GRIFFIN.COM; COUPLE IN BED: COURTESY FINETT COLLECTION; COUPLE FOR, [illegible]

9 things to ask to really get to know him in bed

1 What's your favorite part of your body? And mine?
2 Who was your first crush?
3 What have you always wanted to try in bed but been afraid to ask for?
4 Do you remember your first sex dream? Your best?
5 How was your first time?
6 Do you know that you have a very nice ___?
7 Whose relationship do you most admire?
8 When did you first want to sleep with me?
9 I'm perfectly capable of multiple orgasms. Want to know how to make it happen?

11 best and worst sex/love tips real people ever got

↙ THE VERY BEST

"One of my best friends in college was a lesbian. She sat me down one day and gave me a three-hour seminar on how to go down on a woman. It was quite helpful, and my girlfriend still thanks her." —TODD, 33

"It may be oral sex, but you should still use your hands, too." —LAUREN, 30

"You don't have to stop at just once. Practice makes perfect." —ANDREW, 26

"The less you talk, the more sex you will get." —RYAN, 30

"Be a little selfish in bed. My *aunt* gave me that advice! She told me that if you don't focus at least a little on your pleasure, your partner won't know how good he's making you feel." —AMANDA, 27

"Just go with it. Something older sisters always say, but very helpful and reliable advice." —JOHANN, 24

THE ABSOLUTE WORST ↘

"My friend told me that the female body has an inherent mechanism that makes it impossible to fart during sex. Not true!" —LINDSAY, 31

"The mother of the first woman I ever dated sat me down and told me that there were two keys to love and romance. One: Lower your expectations. And two: Settle." —NATHAN, 32

"Mirrors [by the bed] are good. Not true for me. Mirrors can be unflattering, and you'll get caught up looking at them instead of getting into it." —ANDREW, 26

"My grandmother told me, 'He should love you more than you love him.' Two years and a bad breakup later, I realized that dating someone I loved less was an exercise in mind-numbing boredom." —RUTHIE, 31

"'If you love her, let her go.' No! Don't do it." —MIKE, 33

Swimming Pool's Ludivine Sagnier basking between trysts

7 hot love scenes to call upon in a time of need (or want!)

1 Ludivine Sagnier and a colorful variety of different men in the erotic French thriller ***Swimming Pool.***
2 Mekhi Phifer and Nia Long on the bathroom sink in ***Soul Food.***
3 Jennifer Lopez and George Clooney in ***Out of Sight.*** An improbable and inspired pairing.
4 ***Californication***'s David Duchovny with: a hooker, a thief, a nun and on and on.
5 In ***Don't Look Now,*** Julie Christie and Donald Sutherland's languorous marital hotness, underpinned by the sinister vibe in Venice.
6 ***Stealing Beauty***'s Liv Tyler under the most beautiful tree in Tuscany, with the awkward adorable brother of the sexy jerk she just turned down.
7 All 128 sultry minutes of ***Sex and Lucia*** .

11 vacation sex Dos & Don'ts

IF YOU'RE SOLO

DON'T pick a resort that has a kids' club!

DO learn to say something naughty in the native language.

DON'T give him your room key (or your heart)—you just met!

DO know you're certainly not the first if you flirt with the staff.

DON'T forget SPF! Sunburn on sunburn is ovw!

IF YOU'RE COUPLED UP

DO roll with it. If the hotel is cheesy, pretend you're having a tawdry affair. It's raining? Room service!

DON'T call your mother. Unless she's sick or something.

DO at least attempt a doubleheader.

DON'T charge your BlackBerry. See that drawer with a Bible in it? Throw it in there!

If you're on the Pill, **DO** plan ahead to avoid your period. (Ask your doc.)

DO spend a lot—a lot—of time in the fancy hotel bathrobes.

5 sex things men wish women understood about them

"We're *much* dirtier than you think." —DAVID, 31

"No teeth whatsoever during a BJ!" —JOHANN, 24

"Men like to be taken advantage of. Be confident, ladies; take control!" —CHRIS, 27

"Lingerie, music and candles are nice, but really, we just want to be f**d."** —BRYAN, 30

"We worry our penises aren't perfect." —MATT, 32

6 ways even a shy girl can get what she wants in bed

1 Be emboldened by knowing that he is desperate to *know* what works for you. Try to think of him as a lost tourist, dying to parlez with vous.

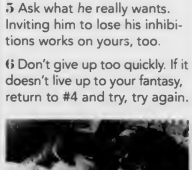
2 Banish self-judgment. Whatever it is you want, it's not shameful or embarrassing, it's just what you want.

3 Compliment him on the stuff he gets right so he makes it part of the regular routine.

4 Tell him. Then show him. Take his hand, knee, whatever and put it exactly where you want it.

5 Ask what *he* really wants. Inviting him to lose his inhibitions works on yours, too.

6 Don't give up too quickly. If it doesn't live up to your fantasy, return to #4 and try, try again.



The 5 best times to go commando...

1 The day after the waxer works her magic.
2 When your only clean underwear is a pair of grannies. Throw those puppies out—go freestyle.
3 Warm night, flowy skirt, the movies with someone deserving.
4 At home on Saturday morning, catching up on all those chores that never seem to get done (and won't this morning, either).
5 Under any hot, short nightwear.

...and the 5 worst

1 Emerging from your Porsche in a mini in front of The Ivy in L.A.
2 Lunch at his parents' house.
3 On a first date, unless it's with Timberlake.
4 Under anything white.
5 To a party where your gorgeous ex, the one you swore you'd never have sex with again, is going solo. ©

THE SECRET RENDEZVOUS

Let's hope his wife isn't in the mood for French food.

Inside the guilty mind of

the other woman

We all have an image of the other woman in our heads: the calculating predator who moves in on happily coupled men. The cloistered, diamond-draped mistress. The office sexpot who's always just a little too close to your guy at his holiday party. She's a staple of novels, movies, tabloids, even history books—from the restless Emma in *Madame Bovary* to *Fatal Attraction*'s bunny boiler to, most recently, Eliot Spitzer's hotel call girl. And if you've never seen it, go YouTube the legendary clip of Marilyn Monroe purring "Happy Birthday, Mr. President" to her rumored lover, J.F.K. *That*'s the other woman as we usually imagine her.

For most, the idea of borrowing or stealing another woman's man is unthinkable. And that's exactly why the OW is such an object of fascination: Why does she do it? Does she want to get caught? How does it feel to be her? Full confession: I was an OW years ago, and I can tell you it felt destructive, decadent, impossible, inevitable. And it was also lonely. Every day I vowed to end the damage I was inflicting on my life, his life, her life.... But then he'd pull me into bed and my good intentions would fall away as quickly as our clothes. The highs of loving someone you can never see enough of (and thus never get tired of) are downright addictive.

Why am I admitting to being a former man stealer, home wrecker, [insert unflattering noun here]? It's not something I normally broadcast. But somehow, after interviewing the women you're about to meet, my past doesn't seem so shameful. We all can learn from our mistakes. So here you go: seven true stories of heartbreak, hijinks and huge life lessons told by OWs (whose names and identifying details have been changed—you'll see why!) and the women whose relationships OWs have rattled. Decide for yourself, but I'll bet you'll find these other women aren't so "other" after all.

I was the other woman—and I got pregnant with his twins

At 25, after divorcing my husband of only a year, I met a man who made me feel alive again. Unfortunately he was married. I fought off sleeping with him for months, but eventually I did. At the time I was very thin and not having regular periods, so I was shocked to find out three months into the affair that I was pregnant—with twins, no less! What had I done?

I gave birth with a friend by my side instead of the father, who by that time wasn't part of my life. I felt greatly remorseful and believed I'd been given my due: The children were a blessing, of course, but raising them by myself sometimes felt like a punishment. I'd grown up in a Christian family, and I felt like I had a scarlet A on my chest. Maybe that's why, years later, when he called to say he'd gotten divorced, I let him back into our lives.

It was hard, but we were trying—until I found out that he was seeing someone on the side. I'd gone from being the other woman to being cheated on, just as my friends had predicted. These days, he visits our daughters, but we're over. I learned that two clichés are true: What comes around goes around, and a leopard never changes its spots. —TERRI, 35

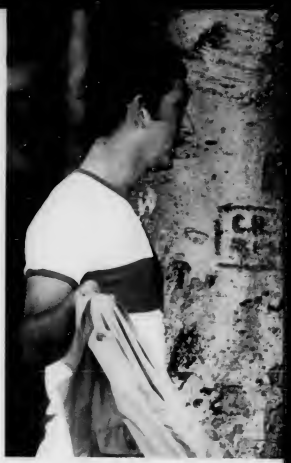
By Genevieve Field

I JOINED FORCES WITH HIS OTHER GIRLFRIEND

The entire time I dated a guy I'll call Hef—yes, after that Hef—he insisted on keeping me a secret. He said his "crazy" ex would hunt me down if she knew anything about me. At first, I had no reason not to trust him. But before long he told me about other girls he was seeing. Why did I put up with it? I guess because it was a hard time in my life and I was down in the dumps. Besides, he assured me that I was his "alpha dog" (I know—ick). Eventually, though, I felt strong enough to tell him our relationship was over, and I moved on.

A few months later I heard that Hef had actually proposed to one of his supposed on-the-side girls. I was hurt, so I decided to reach out to his "crazy" ex to get her perspective on the situation. Turned out they'd been together the whole time we were, and he'd told her that *I* was the crazy one. We'd both been played. After that first meeting she and I stayed in touch, and now we're good friends. And we eagerly await the day he sees the two of us together. Hopefully at his wedding reception, which we fully intend to crash. —ESTHER, 23

"A girlfriend of mine told me something that turned my life around: **'Every woman deserves to be loved exclusively.'** Simple words, but I took them to heart."



I WAS A MARRIED-

From ages 23 to 25, I attracted nothing but married men. I didn't seek them out, but I realize now that I gave off a "come hither and I won't ask for much" vibe because I didn't feel worthy of real love.

It started with The Lawyer. I didn't know he was married, but I wasn't looking for clues that he was, so I guess I was in denial. After a few months, I got an angry e-mail from a woman who said she was his wife. He claimed it was just a prank, but I did a little sleuthing. Turned out she was his *other* mistress, who was pregnant and trying to get The Lawyer's wife to divorce him! I told him it was over.

But two years later, during a low point in my life, I reconnected with him. Only

I caught my boyfriend in bed with another woman

My boyfriend and I had been together seven years when I unlocked the door to his apartment with the key *he had given me* and saw him, a tangle of limbs with another woman! He didn't even get up; he just froze, staring at me. I stared back in shock, then left—but not before opening a drawer and taking a pair of socks and a bottle of perfume. I have no idea why!

I never spoke to my boyfriend again. I was heartbroken then, but today I can tell you that while the experience was horrible, it was also one of the best things that has ever happened to me. That *&%#! was no good, and everyone had seen it but me. Every day I thank God—and weirdly, that naked woman, whoever she was—for that moment! —JENNIFER, 29

Rumor has it...*she* started as the other woman!

Like it or not, that's the word on these couplings (some of them damn good).

PRINCE CHARLES AND PARKER BOWLES: MID TAYLOR AND BURTON: REX USA. TRUMP AND MAPLES: ADAM SCULL/GLOBE PHOTOS. JOLIE AND PITT: JOHN SHEARER/WIREIMAGE.COM. MACGRAW AND MCQUEEN: PHIL ROACH/POLGLOBE PHOTOS

International other woman of mystery Camilla Parker Bowles, in 1975, with Prince Charles, her reported lover during his marriage to Di.

I was his secret office fling; now we're married

Todd and I started out as work friends—he had a serious girlfriend—but it quickly turned into a major flirtation: e-mails, meetings after work, lunches together. I still remember the day we were driving back from one, and he put his hand on my knee. It sounds corny, but I swear it was electrifying. Nothing else happened until a few weeks later, when I couldn't help myself: I gave him a hug, which led to a kiss, which led to a full-on make-out session. Before long, we were sneaking off together whenever we could possibly get away. We were both racked with guilt. I never thought I'd be "that" kind of girl, and he was really a good guy—really! And he still cared deeply for his girlfriend. We just couldn't stop. Not for anything. I pushed my guilt aside with that classic justification: If he were happy with her, he wouldn't be playing with me, now would he?

We carried on this way—secretive looks across the office, racing to meet at "our spot," laughing off colleagues' comments—for a year. Then one weekend, I went on a trip with another guy, and all I could think about was how much I wished he were Todd. As soon as I got home, I told Todd I loved him and wanted to be with only him. The way he looked at me, I could tell he felt the same. The following week he broke up with his girlfriend; she never knew about us, and I'm happy about that. I don't think anything good could have come from her knowing.

Four years later, we got engaged. We've now been married for more than two years, and have worked through our guilt over how we started. And despite what people may think, I don't consider for even a nanosecond that Todd would cheat on me. There's just too much history, love and potential for it to be worth it. And those are his words. —LISA, 36

MAN MAGNET

this time, I was seeing other people as well—two hunky, unreliable workaholics who were good distractions. And guess what? Both of them turned out to be married too. I was miserable. Finally a girlfriend told me something that turned my life around. She said, "Every woman deserves to be loved exclusively." Simple words, but I took them to heart. I had to let go of these married guys and get emotionally healthy. So I got counseling, stopped partying so much and started dating nicer men. One of them became my husband two years ago. After years of compromising, I'm in a relationship that's sure and steady. And that's how I feel about myself now, too. —NATASHA, 35

I WAS THE OTHER WOMAN—*WITH* A WOMAN

Three years ago, I became the other woman. The twist in my case is that my lover was married to a man. I'm a lesbian; she's bisexual, and her husband said he understood her need to sometimes be with women. His one caveat: He didn't want her to fall in love with one. But she did, with me. From the beginning of the affair, she told me she would never leave him, and while I'd been fine with that at first, a year in I realized I loved her too much to share her. It's too hard to be the "other"—too draining, too negative.

One night, after she left my bed at 3 A.M., I realized I had to let her go. Otherwise, it would drag on, in all of its wrenching ambivalence, for years. My lover had needed me, a woman, to make her feel whole. But *I* didn't feel whole without having her completely. And so I let her go. My affair was the most selfish thing I've ever done. Giving it up might have been the bravest. —SANDRA, 38

SPELLING AND MCDERMOTT: JEFF VINCENT/PEOPLE; BACALL AND BOGART: SUNSET BOULEVARD/CORBIS; MCCAIN AND MCCAIN: REUTERS/CORBIS; CORNISH AND PHILIPPE: IMPORTANT ROLE/MAD ROSSELLINI: BETTMANN/CORBIS; SIDEBAR REPORTING BY KATIE RESSMEYER

Tori Spelling & Dean McDermott
Lauren Bacall & Humphrey Bogart
Cindy & John McCain
Abbie Cornish & Ryan Philippe
Ingrid Bergman & Roberto Rossellini

Yo hey. It's me, Paul, the original Dollar Menunaire. Got a little helpful hint to, y'know, fulfill a need. It's called the hot fudge sundae and can be found on McDonald's® superb-ilicious Dollar Menu. It's hot, fudgy and, sundae-y. And for just a buck, it's just **what your desire requires.** That's probably more than a hint but, y'know, it's a sweet one.

Dollar Menu

...lovin' it.

All participating Mc...

How to do anything better guide

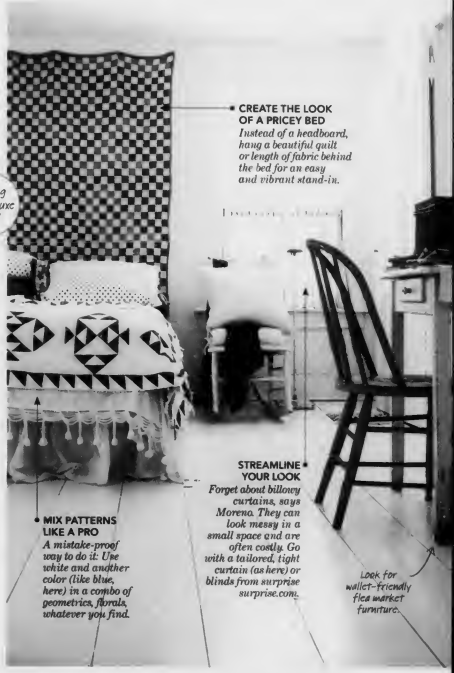
By Joanna Bober

How to...

CHARM UP YOUR PLACE ON A BUDGET

You don't need a fancy-pants designer to give your home great style, says Robyn Moreno, author of the new book *Practically Posh: The Smart Girl's Guide to a Glam Life*. One of the best tricks? A simple coat of paint. Avoid wall-color regret, suggests Moreno, by swabbing a piece of cardboard with the shade you're planning to use. Then hang it on the wall for a clear view of what's to come (or not!). Also, any space looks more upscale when there's less clutter—nix a clunky night table and install a sleek shelf at the height of your bed instead (find one at ikea.com). Here, more tips.

GOT BEAT-UP FLOORS? Skip the rug and paint 'em—see above for fresh options, all from behr.com. (Renters, check in with your landlord beforehand.) Prep is easy; sand (lease a sander at homedepotrents.com) and prime floors first.


CREATE THE LOOK OF A PRICEY BED
Instead of a headboard, hang a beautiful quilt or length of fabric behind the bed for an easy and vibrant stand-in.
STREAMLINE YOUR LOOK
Forget about billowy curtains, says Moreno. They can look messy in a small space and are often costly. Go with a tailored, tight curtain (as here) or blinds from surprise surprise.com.
MIX PATTERNS LIKE A PRO
A mistake-proof way to do it: Use white and another color (like blue, here) in a combo of geometrics, florals, whatever you find.
Look for wallet-friendly flea market furniture.

HOUSE: CORBIS; STILLS: MARK LUND; MORENO: COURTESY OF AUTHOR

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Porch Song Terrace View Ultra Pure White

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MOUSE, COVERS, STELLS: MARK LUNN; MORENO: COURTESY OF AUTHOR

Find more home steals at **glamour.com/lifestyle**—just click to buy them!

—WRITTEN BY NINA CARBONE

How to
do anything better guide

Engagement chicken VS. Man loaf!

How to...

MAKE HIM FALL IN LOVE: A RECIPE SHOWDOWN

The "engagement chicken" phenomenon started 26 years ago: A *Glamour* editor passed the recipe to her assistant. She made it for her boyfriend, he loved it and a month later he proposed. It was passed from assistant to assistant, proposals followed and about four years ago, we printed it for you. The result: a whirlwind of engagements. Recently we heard of Katie Lee Joel's "man loaf" recipe (she says it makes her husband, Billy Joel, totally devoted) and couldn't resist staging a showdown. We asked a bunch of couples to test the recipes and tell how amorous things got after. No proposals (yet!), but the chicken was slightly favored, three to two. Now it's your turn!

Engagement chicken SERVES 2 TO 3

- 1 whole chicken (approx. 3 lbs.)
- ½ cup fresh lemon juice
- Kosher or sea salt
- Ground black pepper
- 2 lemons, plus 1 for garnish
- Fresh herbs for garnish

Place rack in upper third of oven and preheat to 400°F. Remove giblets, wash chicken inside and out with cold water, then let it drain, cavity down, in a colander until it reaches room temperature (about 15 minutes). Pat dry with paper towels. Pour lemon juice all over chicken (inside and outside). Season with salt and pepper. Prick two whole lemons three times with a fork and place deep inside the cavity. (Tip: If lemons are hard, roll on countertop with your palm to get juices flowing.) Place bird breast-side down on a rack in a roasting pan, lower heat to 350°F and bake uncovered for 15 minutes. Remove from oven and turn it breast-side up (use wooden spoons!); return it to oven for 35 minutes more. Test for doneness—a meat thermometer inserted in the thigh should read 180°F, or juices should run clear when chicken is pricked with a fork. Continue baking if necessary. Let chicken cool for a few minutes before carving. Serve with juices. Garnish with fresh herbs and lemon.

"This recipe was so easy, it let us slow down, catch up and joke together—an amazing night of quality time!"

—AMNA NAWAZ, 28, WITH PAUL WERDEL, 27; WASHINGTON, D.C.

Man-loaf meatloaf SERVES 6

- 1 tbsp. olive oil, plus olive oil spray
- ½ medium yellow onion, diced
- 1 garlic clove, minced
- 1 bay leaf
- 1 medium red pepper, finely diced (about 1 cup)
- 2 tbsp. chopped fresh parsley
- 2 tbsp. chopped fresh thyme
- 2 lbs. lean ground beef
- 2 large eggs, lightly beaten
- ¾ cup dry bread crumbs
- 1 cup ketchup
- 1 tbsp. Worcestershire sauce
- 2 tsp. salt
- 1 tsp. ground black pepper

Preheat oven to 350°F. Line a baking sheet with parchment paper, spray with oil. Heat oil in a skillet over medium heat. Saute onions, garlic and bay leaf until onions are tender (3 minutes). Add red pepper and cook until tender (5 minutes). Stir in parsley and thyme; cook for 2 minutes. Remove pan from heat; let cool. Discard bay leaf. In a large bowl, combine beef, eggs, bread crumbs, ½ cup of the ketchup, Worcestershire sauce, salt, pepper and cooled veggies. Mix with your hands. Transfer the mixture to a baking sheet and form into a loaf. Coat it with the remaining ½ cup ketchup. Bake for 60 to 90 minutes, or until firm. Let set for 5 minutes before slicing.

"The meatloaf was delish—just when I thought we were done eating, he was going back for seconds. But then he fell asleep!"

—YASMINE RICHARD, 30, WITH DAWAN OWENS, 30; LOS ANGELES

SAME ME: FOOD STYLIST: ROSLYN BETHEL; PROP STYLIST: MOLLY FITZPATRICK FOR BIG LEO; LIFESTYLE EDITOR: JOANNA BOWER. ENGAGEMENT CHICKEN ADAPTED FROM MARCELLA HAZAN'S MORE CLASSIC ITALIAN COOKING. MAN-LOAF MEATLOAF RECIPE ADAPTED FROM THE COMPLETE IDIOT'S GUIDE® BY MARIE LEE, PUBLISHED BY SIMON SPOTLIGHT ENTERTAINMENT, AN IMPRINT OF SIMON AND SCHUSTER

The Complete Idiot's Guide®

MOST OTHER GUMS JUST MASK BAD BREATH. WE KILL THE GERMS THAT CAUSE IT.

NEW ECLIPSE NOW CONTAINS A NATURAL INGREDIENT THAT KILLS THE GERMS THAT CAUSE BAD BREATH.

ADVANCED FRESH BREATH. SERIOUSLY.

12 good ways to be a little bit bad

BY KIMBERLY BONNELL & PAMELA REDMOND SATRAN

1 When you get stuck in the airplane seat next to the screaming baby, pretend you're a man: Put on your earphones, pull the blanket over your head and check out.

2 Have sex with one guy while thinking of another (just keep the names straight).

3 Wine at lunch, then back to work!

4 Claim you never got the e-mail in question. Stupid server.

5 French toast and bacon for dinner.

6 Make eye contact with hot guy. *Hold* it.

7 *Ask for their supervisor, damn it.*

8 Wear a bra that gives you an unfair advantage.

9 When you run into the guy who did you wrong, put away your fake smile and say something nakedly bitchy.

10 Pretend you're "allergic" to cigarette smoke. Hack, hack.

11 Keep all of your ex's DVDs. Also his cashmere sweaters.

12 Teach a two-year-old to sing that children's classic, "My Humps."

NATHALIE DION

Charlize *continued from page 161*

have one parent or zero parents, you can turn that negative into a positive."

GLAMOUR: How did *you* turn that negative into a positive?

CT: My father had a horrible disease. He was an alcoholic. I could have been one of those adults who go through life not taking responsibility and saying, "I didn't have a [good] example [of a father]." But I actually had the best example. I had the example of what *not* to do. It was up to me to choose a life and to live that life.

GLAMOUR: Isn't it interesting that you found a man in your life who makes you so happy? You've now been with Stuart Townsend [the Irish actor, screenwriter and director] for exactly seven years. Has the fabled seven-year itch emerged?

CT: No.

GLAMOUR: So what is it that keeps the relationship going? Why Stuart?

CT: He's got beautiful feet and hands. [*Laughs.*] Here's the thing: The Beatles had it wrong about love. They did! I think if you are in a one- or two-year relationship, love *is* enough. You can thrive on that. [But] when you hit years three and four, you realize that if you're going to live with somebody and not just live *near* somebody... you have to be nurtured emotionally and spiritually, and you have to be intrigued. Because if that intrigue runs out, you're not going to want to go home anymore.

GLAMOUR: Well, what happens to you when you get on a set with a really beautiful man, or a man with all kinds of energy that attracts you?

CT: That's the most absurd question!

GLAMOUR: It is not! It's a valid question!

CT: I have no problem telling Stu, "I think Will Smith is hot and I'm really glad I got to work with him." I'd be an idiot if I said, "No, [Will's] not that good-looking." There'd be something wrong with me.

GLAMOUR: Well, what if Stuart flirts?

CT: I've always said that I worry about being with a man who *doesn't* flirt. I love that Stuart can watch tennis and tell me that he's got a crush on a tennis player. We're not meant to just like one person. But [that] doesn't mean you go and build a life with another person.

GLAMOUR: Thus, the inevitable question: Why don't the two of you get married?

CT: I want to be clear: I am not judgmental about [the institution of] marriage. I *am* judgmental about how our government doesn't want to see the reality of gay and lesbian marriages. [But] I have always known [that marriage is] not something for me. Even when I was a little girl I never dreamed of the white dress and all of that.

GLAMOUR: So you don't think marriage is the next logical step with Stuart?

CT: I've had good friends who got married after they've been together for years and they've said that it was the "next step" for them. Or, they've said, "You just can't bail out anymore." And I've wondered, What made you think you could just bail out before [the wedding]? You don't invest that kind of time and energy with somebody and then just go, "All right, see you later."

GLAMOUR: You really somehow manage to stay out of the tabloids.

CT: Stuart and I are private because in this business, it's hard to hold onto something sacred. In this town, you know where not to go if you don't want [attention].

GLAMOUR: But mostly you stay at your home in Malibu?

CT: We have friends come over and we make food, have some wine. Right now we're obsessed with this dominoes game called Mexican Train.

GLAMOUR: Excuse me, Charlize Theron plays *dominoes*?

CT: Eight people play and there are all these little conniving things you do.

GLAMOUR: You became a U.S. citizen last year, which means you get to vote in your first presidential election this November. Who's going to get your ballot?

CT: I'm voting for Barack Obama. He's inspiring. Stu and I were watching a documentary the other day about Dr. Martin Luther King Jr., and there was something about looking into his eyes that reminded me of looking into [Nelson] Mandela's. And that also reminded me of looking into Obama's eyes. There is something [in Obama] that transcends.

GLAMOUR: What happens to you next? Do you have a timeline about when you might direct a movie? Or have a child?

CT: I don't believe in making five-year plans. I don't want to say, "Yes, I want to have children in the next five years," because I don't know. I've always known that I'd like to be a mom, but I don't want to live by a schedule. If I [did], I wouldn't be living in the moment. I try as much as I can to live the life I want [right now].

GLAMOUR: So it all goes back to that philosophy your mother taught you, doesn't it? About making sure you're not on your deathbed regretting things.

CT: Yes. Because it's true, man—you just don't know if you'll be around tomorrow. You just don't. ©

Skip Hollandsworth is executive editor of Texas Monthly *magazine.*

Mortgage *continued from page 112*

payment. That made her a logical subprime candidate. In discussing her loan options, she told her mortgage broker that she didn't mind an adjustable rate mortgage as long as it didn't reset for five years. Monaghan says she instead ended up with a loan that adjusted after three years and came with two separate monthly payments: around $1,630 for the adjustable rate mortgage and another $700 for a second, smaller loan. She discovered the discrepancies when she arrived at the escrow office to sign the closing papers. By then, however, she was literally homeless. She'd been transferred to Southern California by her company a month earlier, but her temporary housing allowance had run out, and she was now staying with a friend.

"I was like, I can either sign these papers and suck it up, or I can go back to the beginning and redo the loan altogether," recalls Monaghan, her voice rising in anger. "I should have said, 'No, hold off, I need to fix this loan.' But at that point, I was so desperate to get off my friend's floor I thought, All right, I'm just gonna suck it up and do it.... I'm one of those very logical, meticulous people who always does a lot of research before doing something. This is the one time I didn't do my homework, and it kicked me in the ass."

Three years later Monaghan's mortgage payment has jumped to $4,000 per month. Meanwhile, housing values have dropped, and she says she now owes $503,000 on a house she suspects is worth $430,000 or less. Her endless fights with her lender are causing problems in her relationship with her boyfriend ("He says, 'You're an intelligent person; why did you do that?' " she says with a sigh), and her deteriorating credit score may even affect her job at a company that manufactures missile systems and spy planes. "They're worried about people selling information, and financial problems are one of the big reasons people do that...everyone at the office knows I'm dealing with this. I have to make phone calls during work hours. I've been known to throw papers around in frustration," says Monaghan.

As bad as things are in California, which saw its foreclosure rate double between 2006 and 2007, the states with the highest percentage of foreclosing home loans are Indiana, Ohio and Michigan, according to the Mortgage Bankers Association. In Kalamazoo, Michigan, residential streets are lined with for-sale signs. And Kristen Brockmeyer, a *(continued on page 181)*

Your forecast: happy and hot

By Jenny Lynch, astrologer

Cancer

(June 21–July 23)

Your month: You're carpe-ing every diem like cautious Crab never has. Bye, comfort zone! **Your mission:** Dating is the one area in which you should show restraint; sudden love moves may make him nervous.

Scorpio

(October 23–November 21)

Your month: Someone close to you is in a (contagious) misery-loves-company mood. **Your mission:** Take a break from Ms. Draggy-pants and visit a friend you haven't seen in a while—it'll cheer you fast.

Capricorn

(December 22–January 19)

Your month: It's not Valentine's Day, so why's your guy getting all sweet and mushy? **Your mission:** Soak up the TLC—you'll need it when someone you idolize lets you down later in the month.

Pisces

(February 19–March 20)

Your month: Danny Zuko said it best: "Summer lovin', had me a blast." This could be your hottest month yet. **Your mission:** Shrug it off if a friend gets bitchy. She won't stay this jealous for long.

Leo

(July 24–August 22)

Your month: Solo is a good four-letter word right now. **Your mission:** Give in to this rare craving for solitude—you'll be well-rested by the time sexy Venus saunters into your sign midmonth.

Virgo

(August 23–September 22)

Your month: All work one day, all play the next? Dueling planets pull you to extremes. **Your mission:** Focus! With industrious Mars in your sign for the first time in years, it's time to scramble up the ladder.

HAPPY BIRTHDAY, CANCER!

JUNE 21–JULY 23

Why you're wonderful

Your emotional IQ is Mensa-level: Sensitive, nurturing and loyal, you're a caretaker who champions the underdog.

Why you're impossible

Whoosh! That's the sound of your mood swinging from up to down and back again.

If he's a Cancer

His hard shell can be tough to break—he's skittish at first, but romantic, caring and reliable later.

Oh-so-Cancer
Liv Tyler
JULY 1, 1977
Devoted mom Liv is sweet to the core. Her name means "life" in Norwegian.

Not-so-Cancer
Courtney Love
JULY 9, 1964
She has never really been the dependable mother type.

Aries

(March 21–April 19)

Your month: Total type A Ram is feeling earthy. Who knew you liked yoga or vegan food? **Your mission:** Reconnect with difficult friends and family. In your Zenlike state, it'll be as easy as saying "om."

Taurus

(April 20–May 20)

Your month: Your e-mail inbox is jammed. Would people just stop needing you already?! **Your mission:** Don't be hasty with the "reply" key; you might overcommit yourself or miss a great opportunity.

Libra

(September 23–October 22)

Your month: R-E-S-P-E-C-T! You're getting way more at work and from a guy. **Your mission:** Don't take this new power too far. Resist when the urge to start a fight (or just be bossy) strikes.

Sagittarius

(November 22–December 21)

Your month: The stars deliver a kick in the butt—you haven't been this motivated in years! **Your mission:** You're tempted to prove others wrong at work. But don't go negative; just let your brilliance speak for itself!

Aquarius

(January 20–February 18)

Your month: Who needs a life coach when you've got such freakin' amazing friends? **Your mission:** Make one of them your exercise buddy and you'll both stick to a new get-healthy plan this time.

Gemini

(May 21–June 20)

Your month: It's like you're on high-speed DSL and everyone else is on dial-up. Make way! **Your mission:** Take on a fat new project at work. Single Gems, say yes to a new guy whose energy matches yours.

ILLUSTRATION AND HAND LETTERING: SARA SINGHART DEPARTMENT: TYLER: DEREK STORM/RETNA; LOVE: DANNY MOLOSHOK/REUTERS/CORBIS

Go to **glamour.com/horoscopes** to see if he's your love match.

Mortgage *continued from page 179*

petite 27-year-old with bright eyes and a serene smile, suspects the modest fifties-era three-bedroom house that she just relinquished to the bank is worth less than half of the $79,000 she and her husband, Zack, paid for it nine years ago. "We bought it when we were 19," Brockmeyer says, gazing out the window of a favorite coffee shop. "I was making about $10 an hour. They looked at our credit reports and neither of us had anything—nothing bad, nothing good. It wouldn't have gotten us a car, but somehow they gave us $80K for a house."

The Brockmeyers didn't know to ask for an inspection report, and they didn't factor in money for repairs. They loved that the house had hardwood floors, but they couldn't afford to refinish them. Meanwhile, the back steps were made of plywood, a sliding door was coming off its rails, there was mold in the basement, and the bathtub wasn't hooked up to the main sewer. After a few years, the plumbing beneath the kitchen sink deteriorated to the point that the water had to be collected in buckets and then dumped out in the backyard.

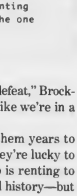
Brockmeyer's name alone was on the deed and loan papers, so despite her husband's contributions, she felt responsible for the payments. And while Brockmeyer doesn't feel she was cheated by the bank ("We just made every mistake in the book," she says), she did get saddled with the ballooning payments that are one of the hallmarks of subprime loans. By the time the payments had jumped from $565 to $790 a month, the Brockmeyers had fallen behind.

"For the first few years, we'd scrape by paycheck to paycheck but manage to make the payments," she says. "I borrowed money from my parents so many times. I guess I figured that by the time the payments topped off, I'd have a better job. I was a receptionist at the time. By the way, I'm still a receptionist."

For all they appear to have going against them—their youth, their limited education, their shaky incomes—the Brockmeyers are an impressive unit. They're both articulate and energetic, and possess that calm Midwestern temperament that favors stoicism over melodrama. But their situation demonstrates just how dangerous the waters of real estate can be these days. Despite decades of conventional wisdom that says a house is the safest investment in the country, their story—like the stories of Karla Hodges and Kim Monaghan—shows what a gamble it can be, especially when bankers behave like they're dealing rounds of blackjack. All three women are now looking for a way to get out from under.

"I've been in a constant state of stress for years," Brockmeyer recalls. "One day I asked myself, Why am I fighting so hard? It was like an epiphany."

This past February, after deciding to let go of their house, the Brockmeyers packed up their things and moved into a rental house. At $850 a month, it'll still be a stretch for them. But they won't be plagued by the guilt and humiliating phone calls that come from being $8,000 in arrears. What's more, the rental—a light and airy Dutch Colonial with three bedrooms and two bathrooms—is larger and in a much better neighborhood than their old place.



KRISTEN BROCKMEYER, 27, receptionist

CURRENT WAGE:
$13 per hour
MONTHLY MORTGAGE PAYMENT: $790
HER MAJOR MISTAKE:
She spent too much on o house thot wos falling oport, ond had no cosh to fix it.
CURRENT SITUATION: Renting o bigger house thon the one she lost

"We may have conceded defeat," Brockmeyer says. "But we feel like we're in a better situation now."

It will, of course, take them years to repair their credit—and they're lucky to have found a landlord who is renting to them despite their financial history—but the Brockmeyers' case might be among those for which foreclosure is actually the best option. To be sure, that's a controversial perspective. Declaring bankruptcy or ruining your credit through foreclosure can make it difficult to obtain anything—even a cell phone plan or a cable TV subscription—later on. But as expert Tara-Nicholle Nelson points out, these are highly individualized choices.

"You need to have clarity about what you want your life to look like," Nelson says. "If you want a sustainable, enjoyable lifestyle, maybe fighting tooth and nail to hold on to a house that you'll never be able to afford is not the best decision."

Kim Monaghan says she'd be happy renting for the rest of her life. If she decides to sell her house at a loss, she will not buy another one.

"There's nothing that says, 'You are 30 years old, therefore you must own a house and have children and be married and be happy,'" says Monaghan, who's never been married and has no children. "People kept saying, 'You're an idiot if you don't buy something at least as a tax shelter.' Well, I was an idiot: In my engineering training, I took four years of calculus...I could have used a lesson in financial planning."

Although women have come a long way since the days when we couldn't get a loan without a husband, some of us still have miles to go when it comes to the nuts and bolts of owning a home.

"Women view a house as the ultimate self-improvement, lifestyle-transformation design project," Nelson says. And that can be dangerous. "You use your home as a way to express who you are. But a property alone doesn't change your life, nor should the market dictate your decisions. When the time is right for you to buy, that's when you should buy," she says.

Meantime, renting can be a feel-good option. Like the Brockmeyers, Hodges found a rental that is far more luxuriously appointed than the house she owned. It has three bedrooms and a fireplace. And while she never was able to put her coveted swing set behind her old place, the rental house just happens to have a jungle gym on the fenced-in lawn.

"This has always been my dream," says Hodges, standing in her kitchen and looking out into her backyard. "A sliding glass door leading out to a yard that my children could play in. I dreamed of opening the door and saying to the kids, 'Why don't you go outside for a little while?' And look what I have here: a sliding glass door." ©

Meghan Daum is a freelance writer living in Los Angeles. She is the author of The Quality of Life Report.

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What to Wear *Pages 54–55:* American Eagle Outfitters bikini, American Eagle Outfitters store. Kenneth Jay Lane brooch, Kenneth Jay Lane at the Plaza, NYC, 646-912-8371. Boss sunglasses, $140, Solstice Sunglass boutiques; 866-246-9043. Kors Michael Kors sandals, shoes.com. Kate Spade bag, 800-519-1778. Helen Kaminski hat, Plaza Too, Greenwich, CT, 203-618-1023.

So Cheap, So Chic *Page 59:* Mundi clutch, mundiwestport.com. Emiliano necklace, 800-652-5002. Isaac Mizrahi for Target skirt, select Target, 800-800-8800. Avon watch, 800-367-2866. Alice + Olivia for Payless shoes, Payless ShoeSource stores.

Glamour Girl *Page 60:* Lia Sophia ring, $125, 800-487-3323; liasophia.com. Converse sneakers, $42, converse.com. Tag Heuer watch, $1,600, tagheuer.com.

Dress Your Body! *Page 62:* Christian Lacroix dress, bangles, Christian Lacroix, NYC, 212-753-2569, Las Vegas, 702-731-0990. Express dress, expressfashion.com. Silhouettes dress, 888-651-8337.

Clothes to Have For Life *Page 120:* JC de Castelbajac vest, $1,600, dress, $550, Seven, NYC, 646-654-0156; Bloomingdale's, NYC; select Macy's West; jc-de-castelbajac.com. Satya Jewelry gold bangles, $34 each, Satya Jewelry, NYC, 212-243-7313; 877-728-9269; satyajewelry.com. Me&Ro gold bangles with discs, $2,255 for set of five, Me&Ro, L.A., 323-782-1071. Dogeared Jewels & Gifts bracelets, $34 each, dogeared.com. Chanel sheath, $675, select Chanel boutiques, 800-550-0005. *Page 121:* O'Neill wet suit, $280, oneill.com. Jo de Mer bikini, $174, jodemer.com. Satya Jewelry gold bangles, $34 each, Satya Jewelry, NYC, 212-243-7313; 877-728-9269; satyajewelry.com. Me&Ro gold bangles with discs, $2,255 for set of five, Me&Ro, L.A., 323-782-1071. Luis Morais rope bracelets, $195 each, aloharag.com. *Pages 122–123:* Michael Kors dress, $1,895, select Bloomingdale's. Marc Jacobs sunglasses, $175, Solstice Sunglass boutiques, 866-246-9043; solsticestores.com. Satya Jewelry gold bangles, $34 each, earrings, $48, Satya Jewelry, NYC, 212-243-7313; 877-728-9269; satyajewelry.com. Me&Ro gold bangles with discs, $2,255 for set of five, Me&Ro, L.A., 323-782-1071. Dogeared Jewels & Gifts thread necklace with charm, $30, thread bracelets with charms, $34–$48, dogeared.com. CL by Laundry sandals, $30, chinaxlaundry.com. *Page 126:* Galliano by John Galliano hoodie, $250, 212-636-0876. Nanushka skirt, $196, switchboutique.com. Satya Jewelry gold bangles, $34 each, Satya Jewelry, NYC, 212-243-7313; 877-728-9269; satyajewelry.com. Me&Ro gold bangles with discs, $2,255 for set of five, Me&Ro, L.A., 323-782-1071. Dogeared Jewels & Gifts bracelets, $34–$38, dogeared.com. Cocobelle sandals, $52, 877-746-7267; shopbop.com. *Page 127:* Moschino Cheap & Chic dress, $750, select Saks Fifth Avenue. Rip Curl bikini top, $30, beckersurf.com. Satya Jewelry necklace, $128, earrings, $48, Satya Jewelry, NYC, 212-243-7313; 877-728-9269; satyajewelry.com. Givenchy sandals, $185, Barneys New York, NYC, 212-826-8900.

One Gorgeous Summer *Pages 128–129:* Dsquared2 swimsuit, $425, dsquared2.com. *Page 130:* Etro towel, $230, Etro boutiques, 212-317-9096; etro.it. *Page 131:* Abaeté swimsuit, $320, abaete.com. *Page 132:* Etro towel, $230, Etro boutiques, 212-317-9096; etro.it. *Page 133:* Emilio Pucci bikini, $420, Emilio Pucci stores; emiliopucci.com. *Page 134:* Zimmermann bikini, $145, Cantaloup, NYC, 212-249-3566. Chantal Thomas umbrella, $200, Bond 07 by Selima, NYC, 212-677-8487; selimaoptique.com. *Page 135:* Bop Basics tanks, $90 each, shopbop.com.

Sunny Day Chic *Page 142:* The Limited sweater, $35, The Limited stores, 800-756-4449; thelimited.com. Collette Dinnigan shorts, $390, Ron Herman at Fred Segal, L.A., colettedinnigan.com. Susan van der Linde New York hat, $395, Susan van der Linde New York, NYC, 212-758-7500; svdl.com. Cartier bracelet, $4,650, Cartier boutiques, 800-227-8437; cartier.com. Stuart Weitzman espadrilles, $285, Stuart Weitzman stores, 310-860-9600; stuartweitzman.com. *Page 143:* Michael Kors sweater, $495, Nordstrom. Dolce & Gabbana skirt, $4,545, select Dolce & Gabbana boutiques, 877-703-4872; dolcegabbana.it. Jennifer Ouellette headband, $72, jenniferouellette.com. London Sole flats, $185, londonsole.com. *Page 144:* Agnes B. dress, $1,058, Agnes B., NYC, L.A., San Francisco; agnesb.net. Linda Farrow Vintage sunglasses, $300, Bloomingdale's, lindafarrowvintage.com. Raul Frisneda earrings, $550, 718-398-7633; raulfrisneda.com. A.P.C. belt, $130, A.P.C., NYC, West Hollywood, 212-966-0069; apc.fr. Cartier watch, $5,600, charm bracelet, $4,650, "Love Charity" bracelet in white gold on purple cotton cord, $475 ($100 of each sale donated to The Constant Gardener Trust), Cartier boutiques, 800-227-8437; cartier.com. CharmCo snake chain bracelet, $1,200, charmco.com. Louis Vuitton bag, $12,000, 866-884-8866; louisvuitton.com. *Page 145:* Gap sweater, $38, Gap stores, 800-427-7853; gap.com. American Apparel leggings, $28, americanapparel.net. Cartier bracelet, $4,650, Cartier boutiques, 800-227-8437; cartier.com. Chanel ring, $330, select Chanel boutiques, 800-550-0005. Lanvin flats, $488, Gail Rothwell, East Hampton, NY, 631-324-6865; Wynn, Las Vegas, 702-770-3400. *Page 146:* Snak top, $88, Anthropologie stores; anthropologie.com. Luisa Beccaria shorts, $600, luisabeccaria.com. Cartier bracelet, $4,650, Cartier boutiques, 800-227-8437; cartier.com. Helen Kaminski bag, $425, CoolSweats at Planet Shirt, Pinehurst, NC, 910-295-3905; coolsweats.net; helenkaminski.com. *Page 147:* Ralph Lauren Blue Label dress, $498, select Ralph Lauren stores; ralphlauren.com. Marc Jacobs bra, $260, Marc Jacobs, Boston, 617-425-0707; marcjacobs.com. Blugirl belt, 212-319-2222; blufin.it. Cartier bracelet, $4,650, Cartier boutiques, 800-227-8437; cartier.com. London Sole flats, $185, londonsole.com. Susan van der Linde New York hat, $395, Susan van der Linde New York, NYC, 212-758-7500; svdl.com.

Every Woman's Prettiest Lip Color *Page 148:* Luisa Beccaria swimsuit, $600, luisabeccaria.it. Patricia Underwood hat, $275, by special order at Bergdorf Goodman, NYC, 800-558-1855.

Your Summer Extras *Page 152:* Marni swimsuit, $252, Marni, NYC, L.A., South Coast Plaza, CA. Miss Borsalino hat, $795, borsalino.com. S.Sung at ravinstyle.com necklace, $187, ravinstyle.com. *Page 153:* Old Navy sandals, $13 each, Old Navy stores, 800-653-6289; oldnavy.com. *Page 154:* Missoni swimsuit, $620, Missoni, NYC. Jamin Puech bag, $750, Jamin Puech, NYC, 212-431-5200. Chan Luu bangles, $40, 877-242-6588. Peruvian Connection bangles, $198 for set of four, peruvianconnection.com. Surevolution bangle, $68, shopbop.com. M. Haskell bangles, $15 for set of two, select Macy's. Syla by Sylvie Cachay towels, $450 each, syladesigns.com. *Page 155:* Malia Mills bikini, $140, Malia Mills, NYC, Chicago, Greenwich, CT, 800-685-3479; maliamills.com. Epice scarf, $42, Tomas Maier, Miami Beach; Wendy Foster, Santa Barbara, CA; Lost & Found, L.A. Oliver Peoples sunglasses, $340, Oliver Peoples, L.A., 310-657-2553; oliverpeoples.com. Yvone Christa New York earrings, $212, Yvone Christa, NYC, 212-965-1001; yvonechrista.com. *Page 156:* Roberta Roller Rabbit by Roberta Freymann bags, $70 each, Roberta Roller Rabbit, NYC, 212-772-7200. *Page 157:* Jean Paul Gaultier bikini, $270, select Saks Fifth Avenue. Zad necklaces, $18–$20, zadretail.com.

Hey, It's Charlize! *Pages 158–159:* Malo tunic, $640, Malo, NYC, 212-396-4721. Prada bag, $285, by special order at lolahats.com. *Page 160:* Malo tunic, $640, Malo, NYC, 212-396-4721. Malia Mills bikini top, $130, Malia Mills, NYC, Greenwich, CT, Chicago; 800-685-3479; maliamills.com. Satya Jewelry necklace, $208, Satya Jewelry, NYC, 212-243-7313; 877-728-9269; satyajewelry.com.

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Is Your Body Normal? *Page 98:* Normal by the Numbers, clockwise from top right: 1. NPD Group; 2. NPD Group; 3. & 4. American Slightly Taller, Much Heavier Than 40 Years Ago, CDC, October 2004; 5. CDC/National Center for Health Statistics; 6. 2007 Cotton Incorporated Lifestyle Monitor; 7. The Real Truth About Beauty: A Global Report, Dove, September 2004. Weird Things, clockwise from top right: 1., 3. & 4. Glamour.com poll, April 2008.

CORRECTIONS

The sunglasses on page 228 in the May issue were miscredited. They are by Selima Optique, $325, Selima Optique, NYC, 212-988-6690. The Brooks Brothers jacket credit on page 84 of the June issue was incomplete. It is Black Fleece by Brooks Brothers.

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SUMMER NIGHT DOS & DON'TS!

Vegas showgirl dresses, painted-on pants and everything else our photographer catches when the sun goes down

DON
Purple pyt leggings with a high gloss finish? You guesse it: They're a **Don't**.

Do own an LBD that fits you perfectly. And **Do** wear the season's sexiest accessory: a fun attitude. Love her!

Do wear a bright dress with a smattering of metallic accessories. Gorgeous!

Don't go this bare (or this eighties!).

Do invest in a dress that'll take you straight from the office to happy hour.

Do show off a killer pair of legs in a mini shirtdress. She looks great!

Skater sneaks + work pants + shiny jacket = a where's-she-going? **Don't**!

If you've got it, flaunt it—tastefully, like this **Do**-er!

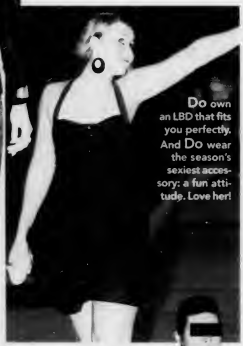
This would've been perfect with a cute pair of sandals. But Crocs for evening? A definite **Don't**!

Go to **glamour.com/dosanddonts** to see more Dos & Don'ts—and post your own!

SUMMER NIGHT DOS & DON'TS

Vegas showgirl dresses, painted-on pants and everything else our photographer catches when the sun goes down

DON'T
Purple python leggings with a high-gloss finish? You guessed it: They're a **Don't**



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WOOD PANELING—IT'S NOT JUST FOR YACHTS ANYMORE

Ahoy, skipper! Step aboard the all-new Corolla. You may notice that the overall richness and handsome wood style is surprisingly reminiscent of the twin stateroom of the *Mucho Dinero*. How right you are! The Corolla was designed with the utmost desire for quality, visible at every seam, nook and cranny. The dashboard instrument cluster displays time, outside temp, current mpg, average mpg and drivable distance, so you know exactly what kind of seas you're headed for as you start living the dream.

Corolla the X
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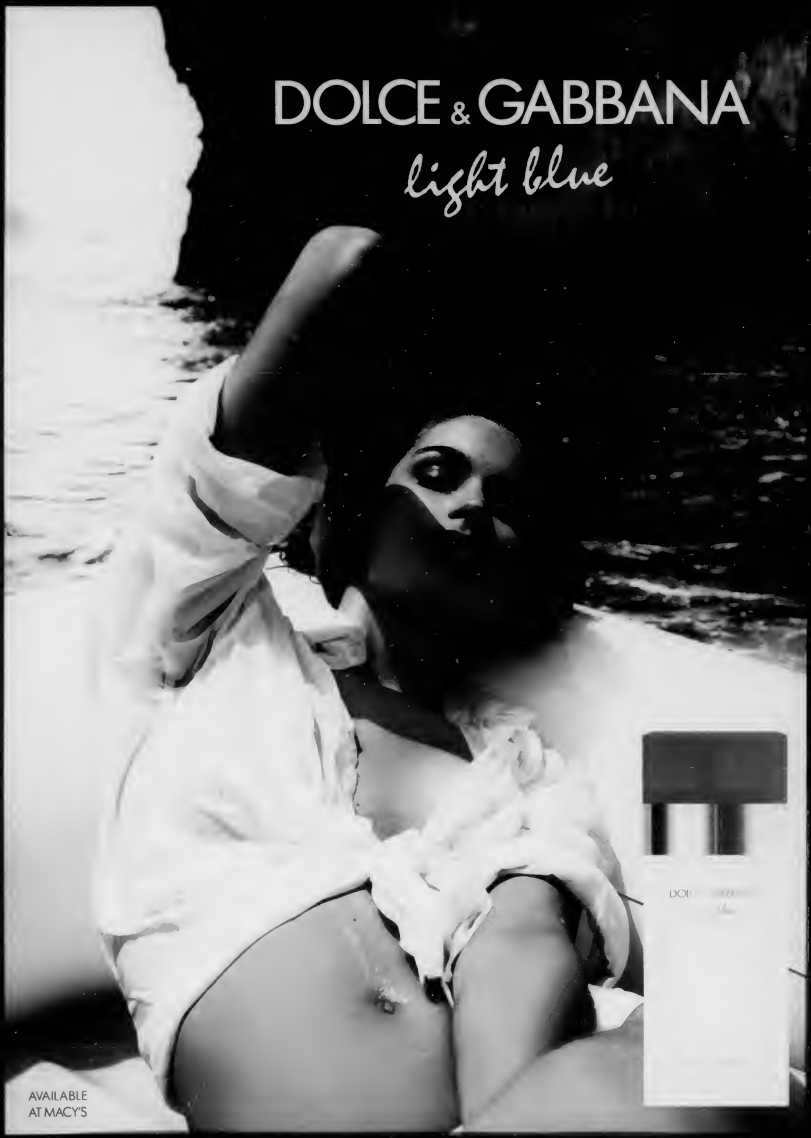
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